THE PRAYER OF FREEDOM™

A step-by-step guide to freedom

from mental health, chronic pain, & addictions

Does this process *really* work?
Scan the code and see ...

BEATTY CARMICHAEL

The Prayer of Freedom™

A step-by-step guide to freedom

from emotional trauma, chronic pain and addictions

by

Beatty Carmichael

Published by Maran Ministries LLC

The Prayer of Freedom (vs 4.2—251220)

Copyright © 2023 Beatty Carmichael

All rights reserved. This book is protected by the copyright laws of the United States of America and internationally. This book may not be copied or reprinted without express permission of the author.

This book is not intended to diagnose, treat, or replace professional medical, psychological, or therapeutic care. The author encourages readers to seek appropriate profession-al guidance when needed.

Unless otherwise noted, all scriptures are from ESV. Scripture quotations marked **ESV** are from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked **NIV** are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan.

All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked **NLT** are from the Holy Bible, New Living Translation, Copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked **TLB** are from The Living Bible copyright © 1971. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

All rights reserved.

ISBN: 979-8-9890591-0-2

OceanofPDF.com

TABLE OF CONTENTS

Acknowledgements
Introduction
Prologue

Part 1—The Battle

Chapter 1: Ancient spiritual laws of discipline and breakthrough

Chapter 2: “Spiritual glasses” to see God’s discipline

Chapter 3: How spirits of discipline work

Chapter 4: Parable of the Unmerciful Servant

Chapter 5: Three forms of “*basanizo*” discipline

Chapter 6: Legal Rights

Chapter 7: Sin is a cause for infirmity (Old Testament)

Chapter 8: Sin is a cause for infirmity (New Testament)

Chapter 9: Sin is still a cause for infirmity today

Chapter 10: Three types of “legal rights”

Part 2—Field Manual

Chapter 11: The first steps to getting free

Chapter 12: Prayer of Freedom

Chapter 13: Helping others by "giving it forward"

Chapter 14: What to expect after completing the Prayer of Freedom

Chapter 15: Simple ways to help family and friends get freedom, too

Chapter 16: Your *next* step: help set your nation free

Chapter 17: Additional ways to grow and lead others

Chapter 18: About Get Radical Faith Ministries and how to help

Appendix

For Church-Going Friends

About the Author

OceanofPDF.com

ACKNOWLEDGMENTS

This book was born of a passion to serve God and set his people free. It would not have been possible were it not for a number of people who were instrumental in helping bring this book to reality.

First is **my wife, PA,** who helped me these last seven years as God trained and instructed me in the precepts behind the Prayer of Freedom.

Second is **Eric Schrag**, my editor, without whom this book would not be the amazing work that it is. It carries his "DNA" as much as it does mine, and it was his tireless efforts that make it so easy to understand.

Third is **Phyllis Tarbox** of Above and Beyond Christian Counseling, who greatly clarified many technical aspects pertaining to this subject. She also shared a systematic approach of prayers to God that ultimately led to the Prayer of Freedom.

Fourth is **Ken Fish** of Orbis Ministries. Though we've never officially met, his teachings related to "agreement sins" (my term) and secret societies were influential in making a critical portion of this prayer possible.

And fifth is a host of others, including **Father Spotswood** and **Sydney Petite**, who helped bring into sharper focus many aspects instrumental in setting people free.

To all of you, I thank God that he brought you into my life, and I thank you for your crucial contributions to this work!

OceanofPDF.com

INTRODUCTION

(***Author's note:*** *if you haven't already scanned the QR code on the front cover to watch my short video, I encourage you to do so before continuing*)

Rob and Lilly had been fighting in their marriage for ten years and were always at each other's throats. Even after five years of marriage counseling, they still fought every day. Things kept happening that would instantly "trigger" them into yelling and fighting.

But as soon as they applied the Prayer of Freedom to their lives, everything changed. They went from bickering and arguing every day to peace and calm in their home for the first time in years.

Rob said it is the most peaceful time they have *ever* had in their marriage. He said, "Both Lilly and I changed overnight. There is an overwhelming sense of peace in both of us that we have never experienced before. We've started doing things we had never been able to do together—preparing dinner together, eating meals together, cleaning up together. We're now talking and having fun just being a husband and wife rather than fighting all the time. I can't believe the difference it's made and how *quickly* it happened!"

So, what *did* happen? What's the secret behind the Prayer of Freedom?

It lies in getting the Creator of the universe to *answer* your prayers.

Think about it. Most people believe in some form of Higher Power, pure Love, or Creator. So, for simplicity, I'll call this 'God,' as the one who created everything. And if He created everything, wouldn't *he* have power to fix our problems?

Of course he would!

And if you're like most people, when problems get big enough you will eventually cry out to God for help and ask him to fix those problems. Yet,

for a lot of people, it seems he doesn't answer their prayers at all, so why bother?

I get it! I used to be that way myself.

Then I discovered specific, spiritual laws that, when we apply them, our prayers more often get answered.

How do I know? Because once I began applying them—and teaching others how to do the same—I've seen God answer those prayers almost every time!

For example, just a few days ago as I'm writing this, I taught this approach to a woman named Whitney who had been suffering from chronic pain for years. The doctors had been treating her symptoms for a long time, but the source of her pain had been misdiagnosed—it wasn't medical at all. She prayed to God using this approach and asked him to heal her pain. When I followed up with her a few days later she texted me back, saying, "It worked! My hips have not hurt and my sciatic pain down my back is gone too! My big toe feels much better. My neck pain and tension in my shoulders went away and I have felt so much more relaxed! Thank you very much!"

So, as you go through this book, I'll show you what I've learned about these laws and how to apply them in your life to get *your* prayers for healing or restoration answered, too!

To illustrate how powerful this approach is, let me share a survey I did…

I volunteer teach at an addiction recovery center. While preparing to write this book, I wanted to statistically measure how effective these laws were, so I did a survey with my students.

As you might imagine, most of them were dealing with many issues in their lives—all kinds of **personal issue**s (*anger, shame, broken relationships, constant sickness*); **chronic pain** (*arthritis, muscle pain, degenerative discs, lupus*); **mental problems** (*depression, bipolar disorder, anxiety, voices in their heads*); **addiction urges** (*for cigarettes, drugs, alcohol, pornography, and sex*); and much more.

I had each student list the problems they were dealing with, rate how intense each one was, and then do the Prayer of Freedom. Of those who

completed it, here's what happened…

Nearly 9 out of every 10 students saw almost all their issues *completely* disappear—**100% relief** of chronic pain, depression, anxiety, addictions, anger, and all their other issues! All of it… *gone!*

And for the few who still had remaining issues, the intensity of those issues had decreased to one-third of their original level.

And on a broader scale, by guiding people through the Prayer of Freedom, I've seen them healed of diabetes within 5 months. I consistently see them healed of arthritis, glaucoma and sleep apnea in less than 24 hours. I see marriage relationships restored. I see depression, anxiety, and addictions completely disappear. I see bipolar disorder, restless leg syndrome, and allergies vanish. And a lot more!

In the following pages I share many stories of people who applied the Prayer of Freedom in their lives. Their stories seem unbelievable until you understand how these laws actually work. And while their stories might sound "too good to be true," I assure you they are all real. The only thing *not* true is I have changed the names to protect their privacy.

OceanofPDF.com

PROLOGUE

One day at Walmart I met a pastor in the grocery aisle. As we talked, he shared how he had lost most of the vision in his left eye due to a stroke.

I asked if I could pray for him. He said, “I just came back from a prayer meeting at church where everyone prayed for me. Nothing happened—I can still barely see out of that eye.”

I told him, “That’s okay. I’m not trying to sound arrogant or anything, but God frequently answers *my* prayers even if he hasn’t answered other’s. May I try?”

He agreed, so I prayed for him.

Within *five minutes* his vision was restored to about 80% perfect!

I share this story for two reasons. First, to encourage you that if you’ve been praying for healing or freedom from problems or conflicts without results, don’t lose hope! There is still a solution. Second, to show what’s possible when you follow God’s spiritual laws for receiving answered prayer.

To be perfectly honest, I’m nothing special. I don’t have a special gift of prayer or anything like that. Anyone can do what I did because it wasn’t *me* who did it.

What I’ve come to understand is there are spiritual laws that impact our prayers, yet most of us know nothing about them. But once you learn how to apply these laws, you’ll see God answer many of your prayers for healing and restoration *immediately!* I know, because it’s happened to me and almost everyone I’ve taught.

And that’s what you’re about to learn in this book. So, if you are ready to find out how, read on…

Why aren’t your prayers being answered?

As we begin, the first thing I want to talk about is *the spiritual laws of praying to God*.

If you’re suffering with a persistent problem—a mental, emotional, or physical issue like relationship conflicts, depression, anger, arthritis, or anything else—and you want freedom but nothing has worked, believe me, you’re not alone.

If you’ve felt in your heart there is a God who created you and everything you see, then you probably believe he has the power to heal you and remove that problem. So, perhaps you’ve prayed to him, hoping he would answer your prayers and set you free.

If that is you, the fact that you’re reading this book right now most likely means he *hasn’t* answered those prayers yet. Which brings us to the BIG question: “How do we get God to *answer* our prayers?”

And that’s what I’ve discovered—specific, spiritual laws that play a significant role in our lives. Let me explain…

In our world, physical laws govern everything we experience: gravity makes things fall, water freezes into ice, and fire turns wood to ash. Yet, while these laws shape our physical world, they cannot solve the personal challenges we desperately want freedom from.

Similarly, just as physical laws govern our physical world, spiritual laws govern our personal challenges. And by applying certain spiritual laws, I’ve seen people get free from most of those problems within days… literally!

What’s ultimately going on is many of the things we struggle with have spiritual roots imbedded in spiritual laws we don’t understand. And the only way to understand them is to seek out the ancient, religious texts that teach us about them.

While there are many texts from ancient cultures and religions, one in particular seems to be the most accurate. That text is the Bible. And as I’ve tested and applied its spiritual laws, I’ve seen people get freedom from all kinds of issues in their lives.

Because of that, as I walk you through the Prayer of Freedom I'll be using the Bible as the primary source of these spiritual laws.

The second thing I want to talk about is how to *effectively pray to God*.

When we have problems in our lives that won't go away, most of us eventually resort to praying to God… and we do it whether we believe he exists or simply hope that he does. As the saying goes, "There are no atheists in a plane that's about to crash."

Most of us turn to prayer because we realize we can't fix our problems, but if there is a God who created everything, we assume *he* can. So, we start praying… but nothing happens.

That leads us to another question we must answer: "Does God answer all prayers?"

According to the Bible, the answer is "no."

One of the spiritual laws it teaches is, **"The prayers of a righteous person are highly effective."**

If you want to be set free from your problems, you must understand this law. And to better understand it, we need to ask a few more questions.…

The first is: "*Why* are the prayers of a righteous person highly effective?"

The answer is so simple most people miss it. Their prayers are effective because… are you ready for this? … God *answers* them!

If God answered your prayers, they would be effective. If he doesn't answer them, they aren't.

But this brings us to a second question: "What does *highly effective* mean?"

Suppose two people pray to God: one consistently gets everything he prays for and the other doesn't. If that were the case, then you could say the first person's prayers are "highly effective." Does that make sense?

So, in simple terms, if your prayers are "highly effective" it means you consistently receive what you ask for (yeah, I know—brilliant logic, isn't it?).

But that's not all we learn from this spiritual law. There's more that we must understand if we're going to apply it to our lives. And to discover

what that is we must dig a little deeper...

Notice it says, “The prayers of a *righteous* person are highly effective.” That implies that the prayers of an unrighteous person are *not* effective.

In other words, if you want God to answer your prayers so they will be effective, you must be “righteous” by God’s standards (not just a ‘good person’ by human standards).

This isn’t as difficult as it may seem. But to know what it means we must ask a third and final question…

“If God answers some people’s prayers more than others, what makes God more *inclined* to answer their prayers?”

And to answer this question, we must look at a pattern we see across most ancient cultures…

How to win God’s favor so he will answer *your* prayers

In most ancient cultures, God is seen as a powerful God who must be appeased when you do something wrong. That appeasement is to remove his wrath, and it usually takes the form of an animal sacrifice.

Then, after appeasing him, you confess you were wrong and express sorrow for what you did. By offering contrition, you hope to win his favor.

Finally, assuming you won his favor, then you make your request—such as victory in battle or a good harvest—and hope that he answers it.

That’s the pattern we see in all ancient cultures. It’s also the pattern found in the Bible texts. And what’s fascinating is when I’ve helped others apply *this* pattern to their prayers, their prayers have *instantly* become “highly effective.” Now, when they ask God to set them free, he answers their prayer and does it!

(In case you’re worried I’m about to suggest you sacrifice your pet – I’m not! Because of *another* spiritual law God put in place, animal sacrifices are no longer needed. I’ll explain more in a later chapter.)

With that as the background, I now want to introduce the process of the Prayer of Freedom. But before I do, I must define two religious terms found in the Bible texts for this process to make sense.

When you do wrong against God, the texts call it “sin.” And when you confess sorrow for what you did, the texts call it “repentance.” Because of this, when I share these spiritual laws and how to use them, I’ll use the terms “sin” and “repentance” to explain how they work.

Some people, though, use different words. In spiritual or non-religious circles, wrong actions or thoughts are often called “low vibration” or “dark energy.” The Bible simply calls them sin. Different words, same meaning. When we step out of alignment with God, we open the door to struggles in our lives.

So, if you’re more familiar with terms like “low vibration” or “dark energy,” just know that whenever I use the word “sin” in this book, I’m pointing to that same reality. The word may be different, but the truth behind it is the same.

With that foundation in place, let me now introduce you to these timeless spiritual laws. Turn the page and I’ll show you how they can bring freedom to your life.

Be blessed!

Beatty Carmichael

P.S. If you’re a Christian who has attended church for years, I encourage you to first read the section titled “**For Church-Going Friends**” in the **Appendix** before continuing. Since *The Prayer of Freedom* addresses a complex theological topic, I’ve intentionally simplified some aspects to make it easier to understand. In that section, I provide a more detailed explanation of the methodologies used. Please take a moment to review it now, then return to continue reading.

Before you begin…

There are two things you should know before beginning.

First — This book has two sections. **Part 1** is “*The Battle.*” In it, you’ll learn what’s going on, why it happens, and how to be set free. **Part 2** is the

"*Field Manual*" where you'll find the actual Prayer of Freedom guided exercises that bring peace and freedom to your life.

Part 1 will help you understand this unique approach to prayer and how to maintain lasting freedom. It gives insight into what's happening spiritually so you can avoid falling back into the same situations you're facing today.

However, statistics show that most people don't finish the books they begin—and the heart of this book is actually the prayer process in Part 2. So even though Part 1 matters, if you tend not to finish books and have issues you're ready to get rid of, feel free to jump straight to Part 2 and begin the Field Manual process. It works even if you don't yet understand why it works. Then, once you're done, you can come back and read Part 1.

Second — If you want to share what you're learning, it's easy. At the top of this page is the website address: **ThePrayerOfFreedom.com**. Simply direct others to that link where they can learn more and access the book and related resources.

With that in mind, turn the page and let's begin your journey into freedom!

OceanofPDF.com

— Part 1 —

The Battle

OceanofPDF.com

Meet the author

Watch a short welcome message to **meet me personally,** plus a second video—a **teaching overview**—that explains the big picture of *The Prayer of Freedom*, helpful for those who feel challenged or overwhelmed when trying to read books. Scan the QR code (or enter the URL) to watch now:

OceanofPDF.com

Author's Note: *If you haven't read the introduction yet, I want to invite you to begin there. It gives a simple framework for why this book works and will help what follows make deeper sense.*

CHAPTER 1

Ancient spiritual laws of discipline and breakthrough

Penny grew up in a relatively normal home. As a religious person, she went to church every week and tried to live right to the best of her ability.

As we were talking one day, she shared that all through high school and college she had been healthy and never got sick. She was also quick to point out that she had remained a virgin until she started dating a certain guy in college. But three weeks before graduation, she gave herself to him and slept with him.

"What happened next was the beginning of a health nightmare," she said. "Within a few weeks, I got sick… and *stayed* sick for nearly twenty years!"

First, there was a car accident with a broken vertebra in her neck. Then, there was strep throat. Later, she was diagnosed with toxic shock. Then, she had strep throat a second time. Next, she was diagnosed with precancerous cells and underwent surgery to have them removed. She became an alcoholic and life continued spiraling downward. After that, she had several bronchial infections, strep throat for a third time… a fourth, fifth, sixth, and even seventh time!

At that point, she started living on antibiotics to try and combat all her sicknesses. During this time, she began suffering from constant joint and

muscle pain, and the doctors finally diagnosed her as having chronic fatigue and fibromyalgia… with no cure.

That's when a friend explained the spiritual laws laid out in the Prayer of Freedom and guided her how to pray to God. Using those laws, Penny prayed to God and expressed sorrow for doing things he didn't want her doing ("repentance")—not just sleeping with her boyfriend, but other things she had done throughout the years. Then, she asked God to remove all her problems.

"That same day," she said, "*all* my sickness and addiction disappeared! No more fatigue, no more pain, no more stiffness in my limbs, no more strep throat, no more urge to drink—it was all gone!"

Now, fast forward to today…

"That was twenty years ago," Penny said, "and I am still free. *None* of the sicknesses have returned, and I haven't had another drink since!"

Her doctors claimed it was a "miracle." But it really wasn't. The source of her illnesses had been misdiagnosed for nearly twenty years. She simply did what God said to do—she repented of things he didn't like her doing (what the Bible calls "sin"). And when she did, he released her from the consequence of those things.

"Hold on a moment!" you might be exclaiming. "Are you trying to tell me her illnesses were due to doing things God didn't want her doing?"

Yes. That's exactly what I'm saying. Although not *all* illnesses are tied to things you do against God, many of them are. And not just illnesses, but a lot more of all the issues we go through in life. And what I'm about to share with you, *directly* from God's word found in the ancient Bible texts, will transform your life.

While you may not have all the issues Penny had, can you at least relate to what she went through? Maybe you have friends or loved ones experiencing something similar.

Would you believe me if I told you this is all part of God's plan?

Wait… what?! At this point, you're probably ready to stop reading and storm out of the room. Maybe you're thinking to yourself, "This guy's crazy! How could this be part of God's plan? I thought God loves me and has a *wonderful* plan for my life. He wouldn't want me to suffer."

If that's you, I totally understand. But don't throw the book away just yet. Please hear me out. What I'm about to share might transform the way you think and change your life, just as it has changed mine and the lives of many others!

So, why would a loving God allow you—or my friend Penny—to suffer with so many issues?

It's because God *does* love you!

Let me explain…

God's plan is to give YOU abundant life

It's all part of a plan the God who created the universe put in place since the beginning of creation. And it has to do with his spiritual laws of discipline and our means of breakthrough.

As most of us travel through life we look at our earthly circumstances with earthly eyes, trying to figure out what we did that might be causing our problems. We try to make sense of what goes on around us… and most of the time we can't. So, we end up living a life full of struggles and frustration, with no way out.

But the good news is you *can* be completely free of the darkness and heaviness in your life. You can be free from chronic pain, depression, constant failures, and physical issues. And not only can you be free, but many of those problems can even be reversed. All it takes is the simple Prayer of Freedom.

Is a life like that really possible?

Yes, it is! I've been living it for years and have taught others how to live it, too!

However, if you've never experienced it yourself, it's hard to comprehend what is possible. "Normal" for many people feels like a "thief" has always been stealing, killing, and destroying their lives. And if you've never known anything but hardships, failures, sorrow and pain, it's hard to imagine how things could be any different. But that's what you're about to learn in this book—the simple steps God put in place for *you* to achieve freedom.

Jesus, whom the ancient Bible texts describe as the Son of God, said, “The thief comes to steal, kill, and destroy, but I came that you might have life, and have it *abundantly*.” (**John 10:10**, paraphrased)

Unfortunately, many of us have no clue how to get that abundant life. But that is exactly what you are about to learn!

Discipline and conforming to the image of God’s Son

A big part of what’s going on is we only view life by what we see in the physical realm. But most of God’s creation, and many of the things that directly impact our lives, are in the spiritual realm.

There are things going on in the spirit realm that we’ve never given any thought to. There are things God created and put in place to guide and train us. Yet, most of us have no awareness of them.

To show you what I mean, let’s first look at another spiritual law found in the Bible. It comes from a book called Hebrews…

Hebrews 12:4-6—“In your struggle against sin [i.e. doing things God doesn’t like]… do not make light of the Lord’s discipline, and do not lose heart when he rebukes you. Because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” (ESV, clarification and emphasis added)

What does this say God does with those he “loves”?

He disciplines them!

If God loves you (which he does), he promises to discipline you. It’s not that he *might* discipline you; he *will* discipline you. It’s a promise. And just as a parent disciplines a child to correct and train him, it seems our heavenly Father does the same with us.

While on this topic, it's important to recognize that we are not being punished, we are being disciplined. *Discipline* and *punishment* are different. Discipline is for correction; punishment is for penalty. Discipline restores a person; punishment casts the person away. They feel similar because they both cause suffering. But it's the *purpose* of the suffering that differentiates the two.

God doesn’t *punish* his children, but he *does* discipline them. What this means is, even if you are living what you consider a “righteous” life, God will *still* discipline you when you need to be corrected.

It's the same thing we do with our children. We set rules to guide and train them. If they break the rules, we discipline them. The purpose of the discipline isn’t to *punish* them… it’s to *correct* them so they learn to do things right.

That’s what God does with us.

He sets the rules to guide and train us. When we break his rules, it’s called “sin.” And when we sin, God disciplines us to correct us, training us to do right, guiding us to conform into the image of his Son, Jesus (see **Romans 8:29**).

That’s the key… conforming to the image of his Son. But what does that really mean?

Ancient Bible texts say that Jesus is God’s Son. He is sinless and never did anything against God.

So, in a simplistic sense, to be “conformed to the image of his Son” means to sin *less* than we sin now and ultimately (though not humanly possible) become sinless—without sin, just as the Son is.

That’s a main thing that sets us apart from the Son. We have sin, the Son does not. If we could become sinless, we would “be conformed to” his image.

Jesus modeled this life for us—fully God, yet fully Man—by living only as the Father directed (**John 5:19**). When we follow God’s direction instead of our own desires, we begin to reflect His Son’s image. But when we choose sin, we drift from that image, and that’s where God’s discipline comes in. Discipline is His loving way of correcting us, training us to turn from sin, and shaping us back into the image He originally intended for us. Anything outside that image is sin, and sin separates us from Him.

Discipline originates in the spiritual realm, *even* for those who live “righteously”

What most people don't understand is God's discipline originates in the spiritual realm, but manifests in the earthly realm as issues in our lives.

How do I know? Because the ancient biblical texts teach it (as I'll show you in Chapters 7 and 8). I've also witnessed it firsthand—when people repent of past sins, their issues often disappear. This holds true not only for those leading "sinful" lives but also for those striving to live righteous lives.

For example, consider my friend Nick. A devoted follower of God and business owner for many years, he felt God calling him to leave his business and step into full-time ministry—and he faithfully obeyed.

That was about twenty years ago.

Today, he's an evangelist who has led hundreds of people to know God personally and is the pastor of a small church in his town.

He reached out to me one day because he had been in pain for several years and it had finally become unbearable. He had excruciating chest and back pain. It was so bad he couldn't even bend over or lift twenty pounds (10kg). The regular medical personnel couldn't figure out what the problem was, so he felt he needed to see a specialist.

I've learned that many things like this have a spiritual root—even from sins committed *many* years earlier—so I told Nick the first thing he ought to do was the Prayer of Freedom. So, following the same process I'll show you later, he made a list of sins he committed over the years, then repented of each one as he prayed through the Prayer of Freedom.

After *three days* he said, "**All of my pain is gone!** Both my chest and back pains are *completely* gone, and I can bend over again!" He couldn't believe it!

What this shows is we can't always look at our circumstances with "earthly glasses" to understand what's going on. Sometimes our issues may be due to spiritual laws of discipline rather than natural laws of cause-and-effect.

And if they are spiritual, you must put on "spiritual glasses" to understand the discipline and learn how to get free from it. That's what we're about to do in the next chapter.

But before we move into Chapter 2, I want to encourage you to take one simple step. If you're already sensing that your struggles may have a

spiritual root and you're ready to begin breaking free, turn now to Part 2 and start by praying through the **Simplified Prayer**. It's the very first thing you'll find there.

This short prayer often brings remarkable breakthroughs, even before you go through the full Prayer of Freedom process. Once you've prayed through it, return here and continue to Chapter 2.

OceanofPDF.com

CHAPTER 2

‘Spiritual glasses’ to see God’s discipline

Dennis is an elderly man I’ve known for years. While visiting around the kitchen table one day, our conversation shifted to his adult son, Scott. For fifteen years, Scott and his family had been living in Dennis’ house, unable to afford their own home.

Scott’s career had started off strong in his mid-twenties, earning a multiple, six-figure income. But then, outside of his control, he was forced to change jobs and join a large corporation. A year later he was fired due to internal politics; and from that point forward Scott never recovered financially.

After years of trying to get back on his feet, he and his family eventually had to sell their home and move across the country to live with Scott’s parents. During the next fifteen years he still couldn’t “get ahead” financially. And even though he had faithfully followed God for over twenty-five years, something kept blocking him. He was consistently paid well below his skill level and he *still* couldn’t afford to move out of his parents’ home. These years were so difficult he began to feel like life had passed him by.

Back to the kitchen table…

As Dennis and I talked about these things, I suggested he pray the Prayer of Freedom on Scott’s behalf. And as I mentioned earlier, all the prayer really is, is repenting of sins and asking God to remove any discipline tied to them.

Dennis wasn’t sure how to do it, so I led him through it word for word, right there at the kitchen table. The sight was precious—an elderly father,

lovingly praying on behalf of his adult son. The entire prayer lasted ten minutes. And then, cataclysmic shifts began happening in Scott's life.

Within three weeks Scott got an unexpectedly large pay raise at work, almost doubling his salary!

Three weeks after that, because of his increased income, he and his wife bought a new home. They could *finally* begin moving out of his parents' house.

Several months after that, Scott began getting all kinds of recognition at his job. So much so that he was asked to speak at national and international events to share what he was doing to consistently achieve such strong results.

Everything changed. It changed almost immediately. And what happened to change it was an elderly father praying the Prayer of Freedom on behalf of his adult son!

(Note: because of spiritual laws of authority, parents have authority to intercede for and repent on behalf of their children to help set them free, even adult children. See details in Chapter 15.)

I share this story because so many people live lives of "failure" and think, "That's just the way it is—I got dealt a bad hand." But depending on the root of the issues, there *can* be breakthrough from failure. All it takes is knowing where to look…

"Spiritual glasses" to look into the spiritual realm

In the last chapter, I explained how God's discipline comes from the spiritual realm. Now, let me take you on a short journey through the ways he disciplines us and what it might look like.

What I've come to realize over the years is the spiritual "warfare" most of us go through seems to actually be a large part of how God disciplines and trains us. So, using that frame of reference, let's take a quick peek at what God tells us about spiritual warfare.

One early Bible text (**Ephesians 6:12**) puts it this way: “For we are not fighting against people made of flesh and blood, but against persons without bodies…” (TLB, emphasis added)

In other words, the struggles we face aren’t just physical—they also have a spiritual dimension. That’s what “spiritual warfare” is all about—it’s a battle against entities in a spiritual realm… against “persons without bodies.”

With that said, imagine I gave you a special pair of glasses that let you see into the spiritual realm. If you put them on in a room with other people, you’d see other *persons* in the room around both you and them. They wouldn’t have physical bodies though, because they are spirits—what some might call ‘vibration’ or ‘energy’ entities—that exist in the spirit realm, not the earthly realm. But they are *persons*, nonetheless.

This is the reality of the world we live in—we see people with physical bodies in the earthly realm, but there are other persons with us in the spiritual realm as well.

Now, before you get freaked out about this, let me encourage you that it’s nothing to be afraid of. For example, one of the spirits you’d see is one you may have already heard about—the Holy Spirit. This is God’s Spirit, and he is a real *person*. He just doesn’t have a physical body.

But that’s not the only person you’d see. You’d also see angels. Angels are spirits who operate all around us in the spiritual realm. They are aware of what’s going on, they have their own thinking, their own will, and their own personality. The only difference is they are in a different realm than we are. They have a body in the spiritual realm, but not a body of flesh and blood like we have in the earthly realm. But make no mistake about it though… they are still “persons.”

If you continue to look around with your spiritual glasses, you’re likely to see other spirits as well. For example, just a few of the spirits the Bible mentions are a spirit of wisdom, a spirit of truth, a spirit of gentleness, and a spirit of skill.

Since all these spirits are ‘good’ spirits, we can call them *holy* spirits, because they tend to be present when people live in what the Bible calls

holiness and righteousness. If you prefer other terms, you might think of them as high vibration, light, or love energy.

However, as you continue looking around the room you might also see other spirits—spirits we could call *unholy* spirits. These are spirits the Bible mentions that tend to be present when people live unholy and unrighteous lives (in other terms, you might think of them as low vibration, dark, or destructive energy).

For simplicity, I'll use the biblical word 'spirits' from here on, but as you can see, I'm referring to the same reality—energy or vibration, whether light and high or dark and low.

For example, you might see a spirit of fear around someone, maybe a spirit of lying or anger around another, and possibly even a spirit of jealousy around someone else. These are all spirits of emotions, and in this case, *unholy* emotions.

Other unholy spirits you might see would be spirits of infirmity. Infirmity is anything you might go to the doctor for (i.e. mental health, chronic pain, and persistent illnesses). The bottom line is, if you suffer with anything that would not be considered perfect health, either mentally or physically, there may be a spirit of infirmity involved.

In fact, the Bible mentions quite a few spirits of infirmity; among them are a spirit of fever, deafness, muteness, blindness, lameness, crooked spine, and even a spirit of seizures.

These all fall into the category of infirmities, and many times they may be caused by spirits—by "persons without bodies" in the spiritual realm. I know it sounds a little spooky, but it's true. And it's all in the Bible. Let me show you.

The first is when Jesus visits the home of a man named Simon and heals his mother-in-law, who was suffering from a spirit of fever. Here's how the Bible tells the story…

Luke 4:38-39—"Jesus left the synagogue and went to the home of Simon. Now Simon's mother-in-law was suffering from a high fever, and they asked Jesus to help her. So he bent over her and <u>rebuked</u> the fever and it left her." (NIV, emphasis added)

Think about this for a minute. Assume I'm teaching a class and writing on the whiteboard when my marker stops working. So, what do I do to make it start writing again? I shout at the marker, "I rebuke you, marker!" Wouldn't that be silly?

Of course it would. Why?

Because you can't rebuke an inanimate object. You can only rebuke something that is living, something that can think and respond.

On the other hand, if someone was disrupting the class I could rebuke that person and tell him to be quiet. That would make more sense, wouldn't it?

Yes, of course. But why? Because I'd be rebuking a *person* who was doing something wrong, and that person has the ability to think and respond.

So, back to our verse above…

How can Jesus rebuke a fever?

He can only do it if it were a living thing that could think and respond —a person.

In fact, the Greek word translated as "rebuke" is *epitimaō*, meaning "to charge, to find fault with, or to rebuke" a person. It occurs twenty-nine times in the New Testament, and with the exception of this passage and three others, each time the term is used it is clearly directed to a person (either human or spirit).

That seems to be why it is used here. This particular fever was a person —a "person without a body." It was a spirit of infirmity.

And notice what happened. As soon as Jesus rebuked it, it obeyed and left!

In another example, Jesus is teaching in a synagogue when a woman comes in who had been hunched over, unable to straighten up, for eighteen years. It was a spirit of infirmity. How do we know? Because the Bible text tells us. Let's read it now…

Luke 13:10-13—"On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been <u>crippled by a spirit</u> for eighteen years. She was bent over and could not straighten up at all. When

Jesus saw her, he called her forward and said to her, 'Woman, you are set free from your infirmity.' Then he put his hands on her, and immediately she straightened up and praised God." (NIV, emphasis added)

When Luke says she was "crippled by a spirit," that means it was a spirit of infirmity that had been tormenting (crippling) the woman for eighteen years. And how did she get healed? Jesus declared she was set free, and the spirit left.

Here's the interesting thing, though. While it really doesn't sound like they *could* be, these spirits of infirmity are *also* part of God's creation—he created them.

Proverbs 16:4 tells us, "The Lord has made everything for its purpose, even the wicked for the day of trouble" (ESV, emphasis added).

That means God created everything, including holy spirits and those that *became* unholy. They are all "persons without bodies," and they are all part of the goodness he put in place for us. Some protect us, some train us, and others discipline us. They all play a role in raising us up as God's children, helping us learn to conform to the image of his Son. They are all part of his master plan.

"Spirits of Discipline"

Regardless of the specific actions each spirit does, generally speaking it's the unholy spirits God uses to discipline us. I call them "spirits of discipline" because that seems to be the main purpose for which God uses them—to bring discipline and correction into our lives when we sin.

In other words, it's spirits of discipline that God uses to help train us in righteousness. The purpose of discipline is to bring us to repentance and, ultimately, conform us into *his* image (the image of his Son). Everything he guides us through in life is focused on that singular purpose.

How do you become conformed to God's image? You must stop sinning. And the key to stop sinning is… are you ready for this? … to *stop* doing those sinful activities!

It's like the child who gets spanked because he disobeyed his father. After being spanked for the same disobedience again and again, he eventually learns to stop doing it and he no longer gets spanked for it.

With us, God uses spirits of discipline to bring us to repentance when we sin. And when we repent and stop doing those things, we stop being disciplined for them.

But here's the key—even though we may be living righteously *today*, spirits of discipline could be causing problems in our lives from sin we committed years ago. In other words, simply because we've stopped those sins and have lived righteously ever since doesn't mean the discipline for them has stopped. The discipline only stops when we *repent* of those sins.

That means if you suffer with chronic pain, sickness or mental health, then even if you've been living righteously for years, those problems *could* be tied to sins from years back… and often from early childhood.

Spirits of discipline and tow truck drivers

When I was teaching on this topic before, one lady expressed her concern, "Help me understand how a loving God would send a spirit of discipline to bring all kinds of sickness or misery to someone? That just doesn't seem like the God I know and love."

In case you're thinking the same thing, let me clarify what's going on. God is *not* sending a spirit of discipline upon anyone. However, the spiritual laws he created allow for it to happen *automatically*.

I'll show you this in Chapter 4, but for now here's an easy way to understand it…

Imagine a popular restaurant in a university town, right across from the campus and surrounded by dormitories. If you're familiar with university towns, you know parking is always in short supply. With such a prime location, it's tempting for students to park there while they head to class or visit friends in the dorms. However, the restaurant owner doesn't want this—it would take up valuable space for customers and hurt his business.

So, how does he solve this problem?

First, he makes an agreement with a towing company that gives them the legal right to tow any car in his parking lot that is not a customer. Then, he posts signs that read, "*For restaurant customers only! All unauthorized vehicles will be towed!*" You've seen those signs before, right?

What happens next is this…

The towing company sends out trucks driven by employees whose sole job is to look for illegally parked cars. They get paid for every car they find and tow, so they are motivated to look everywhere, all the time, to find the next violator. And as soon as they find one, they have a legal right to tow the car and charge the student a lot of money to get his car back.

Now that you've got the scenario, here's one way it could play out in real life…

Jim needs to give some papers to a friend who's studying on campus. It's late at night, the restaurant is closed, the parking lot is empty, and the building where his friend is studying is just a few minutes' walk from the restaurant parking lot. So, Jim swings into the parking lot, walks across the street to drop off the papers, and returns. The entire process takes less than fifteen minutes, but by the time he returns, his car is gone! The guy in the tow truck already came and took it away!

Jim is obviously upset. After all, he was only there fifteen minutes. Not only that, but the parking lot was *empty*—the restaurant wasn't even using it at that moment, so it wasn't hurting anyone for him to park there. The towing company took his car and is now going to charge him a lot of money to get it back. It doesn't seem fair.

Who can Jim complain to?

It wasn't the restaurant owner's fault. In fact, the owner never *sent* the tow truck to take Jim's car away. So, Jim can't complain to the owner.

It wasn't the towing company's fault. The towing company had a legal right to remove any violator who parked there illegally, regardless of what time it was. So, he can't complain to them.

It was Jim's fault! He saw the signs and he knew the risks involved. But he thought it wasn't a big deal—he thought he could "get away with it."

In a sense, that is how the process works with us and spirits of discipline. It's a legal structure with rules set up by God, and the whole thing operates automatically. The rules and consequences are posted in the Bible. God doesn't *send* spirits of discipline against us, but unholy spirits are "hovering" around, constantly looking for violators. As soon as we break the rules, they have a legal right to bring discipline into our lives.

But how, *specifically*, do spirits of discipline work? That's what we'll cover in the next chapter.

OceanofPDF.com

CHAPTER 3

How spirits of discipline work

Thirteen-year-old Riley asked, “Is it normal to feel physically *lighter* after doing this?” as she giddily danced around the kitchen.

I had known Riley and her family for over ten years, and in the past six years I had never seen Riley smile, let alone *dance* for joy. Now, she was skipping about the house, humming to herself, and had the biggest smile you could imagine!

Beaming from ear to ear at what God had just done in her life, I answered, “Yes, it is. That’s what freedom feels like.”

Fifteen minutes earlier, she was a different person. So different that you wouldn’t even believe this was the same girl. For the last number of years, she had always been depressed and sullen. She was dark—in her appearance, the way she dressed, her personality, her outlook on life. But something changed when I led her through the simple Prayer of Freedom.

I was at her home because, a few days earlier, her mom served divorce papers against her dad. Her life was crumbling around her, and I was there to help pray them through these issues.

When I first spoke with her that day, I asked, “Riley, do you ever feel like you’re carrying a heavy load around all the time, like a great, big backpack filled with rocks?”

From her hunched over position, I could barely make out her mumbled reply, “Yes. It feels like a *heavy* backpack.”

I went on to ask, “Do you feel darkness in your life?”

“All the time!” came her immediate response as she looked up at me. I had obviously struck a nerve.

“Do you feel depressed?” “Yes,” she said.

That's when I guided her through the Prayer of Freedom. And after she prayed, *all* of it disappeared immediately! All the darkness, all the heaviness weighing her down, depression… everything.

Now, you may not be a thirteen-year-old girl, but I bet you can relate to what Riley was going through. If I asked those same questions of you, how would *you* answer?

Do you feel like you’re carrying around a heavy backpack that seems to get heavier each day? Is your life dark? Are you burdened with depression or anxiety?

If yes, the Prayer of Freedom in Chapter 12 can help *you* get free from it all, too.

And, if you are a parent of young children, I’ve even seen the Prayer of Freedom calm all types of behavior issues, as well. And it calms them *immediately*. I’ll share more about that in Part 2.

God and Michelangelo—how God conforms us to his image

An easy way to understand how God conforms us to his image is to think of a sculptor carving a beautiful, marble statue.

For example, one of the most famous statues in the world is “David” by Michelangelo. When people would ask Michelangelo how he created such a beautiful masterpiece from a single block of stone, his simple reply was: “I saw the person inside the stone and carved away everything that wasn’t part of him until I set him free.”

Michelangelo was a master sculptor and used several tools, each with a specific purpose. When just getting started he used large, “heavy chipping” chisels and hammers to chip away large pieces of stone. The goal was to get down to the person locked inside the block as quickly as possible. Next, as he got closer to the “person,” he’d change to smaller, “detail sculpting” chisels. These allowed him to chip away smaller pieces of stone, working free the finer details of his masterpiece. Finally, when he had fully “freed” the person from the block of stone, he would then use a range of polishing

cloths—similar to sandpaper—to smooth out the rough, chipped edges, making it as smooth as skin.

And, in a sense, God does the same with us.

The focus of discipline is to chip away everything that doesn't conform to his image.

In the beginning when God created Man, Man was made in God's image. But when sin entered the picture, we lost that image. Since then, sin has continued to cling to humanity and has formed a block of "stone" all around us. So, by the time we were born we were already encased in a block of sin and unrecognizable as God's children.

Just as Michelangelo did, God uses different tools to remove the block of sin from around us. While Michelangelo used metal chisels, God uses spirits of discipline. Some are aggressive and chip away large chunks of sin quickly. Others are more detail-focused, chipping away tiny, individual sins in our lives until they are removed. Finally, once we are fully freed, he uses finer, polishing tools that smooth off the remaining rough edges of sin that still cling to our lives.

That's the purpose of spirits of discipline—to free us from the sin that blocks us from God's image.

Spirits of discipline and repentance

As I mentioned before, when you break the rules, it's called "sin." And when you acknowledge you were wrong and turn the other direction, it's called "repentance." That's the goal of discipline: to bring about repentance.

When we sin against God, it's the spirits of discipline that help guide us to repentance so we can be conformed back to God's image. This is how God's process works.

We first see this in the Bible through a man named John the Baptist. Do you know what his primary message was? It was, "Repent!"

And can you guess what the Bible says was the central message Jesus came to preach as well?

That's right—it was the same: "Repent! For the kingdom of heaven is in your midst." Everything else Jesus taught flows out of that one call to repent.

And why is repentance so important that it was both John the Baptist's and Jesus' main message?

Because repentance is the key to conforming back to the image of God!

*(If you're a Christian and finding "spirits of discipline" hard to swallow theologically, please turn to the Appendix section titled "**For Church-Going Friends**" and read the first section, "**Simplicity Over Precision**," where I explain this concept more fully from a biblical perspective. Then come return and continue reading.)*

The two consequences of sin

To understand why repentance is so important, you first have to understand what sin does. And in very simple terms, sin does two things.

First, sin breaks our relationship with God.

Man was created to have fellowship with God. And as long as Man (represented by the first man, Adam) remained without sin, that relationship was intact. However, as soon as Adam sinned, the relationship was broken… and it's been broken ever since.

Second, sin breaks our image of God.

Man was created in the image of God. That image was a perfect, righteous, sinless image. But when Adam sinned, it broke his image of God, and all future generations have been made in *Adam's* image, not God's image (**Genesis 5:3**). Our image of God has been broken ever since.

Later (about 2,000 years ago), God sent his Son, Jesus, to live a perfect, sinless life and die on a cross as a sacrifice for us to restore all that was lost through sin—both our relationship with God and our image of God.

So, how do we restore our *relationship* with God?

We repent of our sins *as a whole* and believe in Jesus' death on the cross to have freed us from those sins. By faith, believing in Jesus and

repenting of our sins, our relationship is restored with Father God.

But what about God's image—how do we restore the *image* of God?

It's similar, but slightly different. We repent of our sins, but instead of repenting of them as a whole we must repent of them *individually*—repent for each sin.

Since each individual sin breaks a portion of God's image from us, we must repent of each sin individually to restore that portion of God's image back to us. This is how God's discipline works—we are disciplined for *each* unrepented sin, individually. So, to be released from the discipline, we must repent of each sin individually.

And repenting of sin isn't just for Christians; it works for anyone, regardless of their religion (I'll explain more about this in Chapter 11).

Does it really work this way? Yes, it does! When people repent of individual sins—*regardless* of their religious affiliation—I've consistently seen their pain, depression, and other problems disappear.

Here's a text message from a friend that illustrates this. I had spoken with her husband the day before and guided him through a simplified version of the Prayer of Freedom. His wife then shared what happened…

"Good morning! I cannot thank you enough for taking time to walk Kyle through the freedom prayer yesterday. In spite of chiropractic therapy, his spine has been twisting and his shoulders have become visibly lopsided over the past year or two. He has literally been shrinking before our eyes. When he came home last night, he was **over 2 inches taller** and restored to his normal height! Spine straight, back pain almost completely gone, shoulders even. Unburdened. THANK YOU!"

And I know it may seem difficult to recall all the sins you've committed over the years, but the process is simple. You just let God reveal the sins that need to be addressed. That's what I did with Kyle, and I'll explain how to do it in Part 2.

Now that we have a glimpse of the process and what spirits of discipline are for, let's look at some of the methods they may use in our lives. To do that, we'll need to go back in time to the Middle Ages…

OceanofPDF.com

CHAPTER 4

Parable of the Unmerciful Servant

Medieval England, Circa 1450 A.D.

The frightened prisoners cringed as another eerie scream of agony filled the barely lit dungeon halls.

"AAAHHHH!!!"

They were all well aware that the tormented cries were coming from the lower depths.

"AAAHHHH!!!"

That's where "the device" was kept. A sadistic invention created by a truly demented man with only one goal in mind. To inflict pain!

"AAAHHHH!!!"

There were whispers throughout the land that it was a giant wheel with a geared crank on it. First, the offender's hands were chained to the wheel and his feet were chained to the wall. Then, the jailer would slowly crank the gears of the giant wheel. Each incremental turn of the wheel would slowly pull the prisoner's limbs apart, bit by bit, until they ripped out of their sockets.

CRACK…

POP…

"AAAHHHH!!!"

Some people called it "the rack," but no matter its name, everyone knew there was no one who could withstand its gruesome torture. If they wanted a confession out of you, they would get it… *in turn*.

The Parable of the Unmerciful Servant

A somewhat disturbing image, isn't it?

But what does it have to do with God and spirits of discipline? More than you might think! Let me explain…

In another story about Jesus, he shares a parable called the Parable of the Unmerciful Servant. Let's look at it.

Matthew 18:21 (NIV)—"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?'"

I want to set up this scenario for you here. As he usually does, Peter thinks he's going above and beyond what he should be doing here—"As many as *seven* times?! This is great. That's gotta be a lot, right?"

But Jesus, as he does so many times (with all of us), puts Peter back in his place. Here's what he says:

v. 22—"Jesus answered, 'I tell you, not seven times, but seventy times seven.'"

Next, Jesus tells a story, called a parable, to articulate a spiritual truth about God's kingdom.

vv. 23-24—"Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him…"

Just to put that into perspective, that's around $18 *billion* USD today!

vv. 25-26—"Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. At this, the servant fell on his knees before him, 'Be patient with me,' he begged, 'And I will pay back everything.'"

Do you think he could?

No way. It's too much.

vv. 27-28a—"The servant's master took pity on him, cancelled the debt, and let him go. But when that servant went out, he found one of his fellow servants who owed him one hundred silver coins…"

One hundred silver coins is about $10,000 USD in today's terms. This shows the magnitude of difference between the two servants' debts.

vv. 28b-34—"He grabbed him and began to choke him, 'Pay back what you owe me!' he demanded. His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.' But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened. Then, the master called the servant in, 'You wicked servant!' he said, 'I cancelled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger, his master handed him over to the jailers to be tortured until he should pay back all that he owed."

Now, if you look at various Bible translations of this passage, you'll find that some versions only use the word 'jailer' and leave out the 'tortured' part of it. But when that happens, you'll usually find a footnote that says, "Some manuscripts also include 'to be tortured.'"

Jesus is telling a story about something important here. But what does it have to do with Peter's question regarding forgiveness? And what in the world does it have to do with spirits of discipline?

Let me see if I can paint this picture for you so we can go a little deeper…

This parable is about a country ruled by a king with subjects who live in it. The king sets rules on how his kingdom should operate. If you break the rules, you are disciplined.

So, what's the role of the jailer in all of this?

It's discipline—if you break the rules, you visit the jailer and he performs the discipline.

The Greek word being translated as 'jailer' means: "a torturer; a person who extracts the truth from others through use of the rack." And the rack was a tool used to torture someone.

That's why a person was sent to the jailer, to be tortured. The jailer was an expert at it.

The image I get of this jailer is something along the lines of a filthy, ugly man with a hunched back and warts all over his face. And each time he

cranks the wheel of the rack, one turn… another turn… another… he cackles with evil delight. He just loves hearing those screams of agony! Causing pain in someone's life is what he lives for.

So, think about this…

It's not likely the king and the jailer are friends. It's not likely they are in the same socio-economic circles of kingdom society.

While you have that evil, ugly jailer down in the dungeon, at the same time you have the king up in his castle. He's clean, majestic, wearing royal robes, and he loves his subjects. The two are so diametrically opposed that they don't even seem to go together.

Yet, the jailer plays a significant role in the kingdom. So significant, in fact, that the king actually *pays* the jailor's salary to perform the discipline.

No one *wants* to see the jailer, so they do good. But if they do bad, they are sent to the jailer. And when they come back out again, they don't want to do bad anymore. That makes sense, right?

With that, now we get to the main message Jesus is teaching in his parable.

Keep in mind, Jesus is not telling this parable to the Jewish leaders. He's not talking to the Pharisees, or to the people who have rejected him. He's not even talking to the crowds who come and listen to him. Jesus is talking to his closest disciples. He's talking to Peter and the twelve apostles. And here's what he says…

v. 35 - "This is how my Heavenly Father will treat each of you, unless you forgive your brother from your heart."

Notice he doesn't say, "My Heavenly Father *might* do this." He says, "My Heavenly Father *will* do this."

What Jesus is talking about is *discipline*—in this case, for unforgiveness. Unforgiveness is a sin. And because all sins are similar—they all break the image of God—they all have a similar process of correction.

That correction is discipline. But discipline comes in different forms. Just as with children—sometimes a child gets spanked, at other times he goes to time-out, and other times he loses privileges. Regardless of the form, it's all discipline to bring about correction.

It’s the same with God. His discipline may take different forms for each person and for each sin, but it’s all discipline, nonetheless. That’s what Jesus is conveying to us.

Notice, too, that in this parable the king doesn’t *send* the jailer against anyone. The only way someone ends up with the jailer is through their own wrongdoing. In other words, it’s their actions, not the king’s, that result in their discipline.

Similarly, God doesn’t send spirits of discipline upon us, either. In the parable, the king represents God, the servants represent us, and the jailer represents a spirit of discipline. We saw how it works in the parable; now, let’s look at how it works in the Bible:

When we have unrepented sin, Satan—referred to as “the accuser of the brethren”—acts as a prosecutor in God’s heavenly “courtroom.” He accuses us of sins before the Judge, who is God. If we are found guilty, God issues a judgment of discipline against us, carried out by spirits of discipline. And this judgment remains in effect until we repent.

So, as you can see, it’s not *God* who sends these spirits against us. We bring it upon *ourselves* when we sin and allow ourselves to be accused by Satan.

And that brings us to another question: *how* does God, our Heavenly Father, discipline us?

Well, a little sleuthing around in the world of Greek translations will reveal a scary truth.

When you look at the word translated as “jailer,” the root of that word comes from a Greek word called *basanizo*. And it’s this *basanizo* that is the form through which much of God’s discipline comes to us.

Let’s look at it now—it *will* surprise you!

OceanofPDF.com

CHAPTER 5

Three forms of "*basanizo*" discipline

My wife and I are friends with a single mom named Jan. She has two young children and has recently been going through nasty legal problems with her ex-husband.

He had been criminally accused of things related to why the divorce happened, and whenever he spends time with the kids the court requires him to be supervised for the children's safety. Even so, every time the kids are with him, they're terrified. Just the mention that they are going to spend time with their father scares them.

Despite the charges against him, the ex-husband was still trying to gain custody of the kids and do all he could to reduce his child support.

For months, neither of the children would talk about their fear, and whenever Jan asked, they would just close up. But she kept praying that their "voices" would be heard so the court could better understand the situation and protect them.

When Jan shared this, I just felt in my heart that it was a spiritual battle more than anything else. Knowing a few things regarding the husband's background, I thought it might be something coming down through his family line, or possibly even Jan's (I'll explain more about that in a later chapter). That's when I suggested Jan pray the Prayer of Freedom.

And she did.

About two or three days later she told me, "I prayed that prayer you sent me and there were *significant* breakthroughs with the children. Both of them, individually, started opening up to me on their own about their dad.

They started talking and sharing their feelings about how he scares them. And it wasn't just a short conversation either—it was a *flood* of conversation. Each one just kept talking and talking as if their voices had been dammed up for a long time and the dam finally burst, letting it all come out!"

It was such a breakthrough for Jan that she was almost in tears.

If you've never been in a similar situation, it may not seem like a big deal to you. But for Jan, who was at her wits end on how to get the children to open up so the judge could hear their side of the story, it was *huge*!

And it was, in some mysterious way, a spirit of discipline that was holding them back.

Spirits of discipline operate in various ways. For Jan, they were blocking the children's voices from being heard. For others, it's something else.

Let's look now at three of the most common ways these spirits operate…

Basanizo discipline

As I mentioned in the last chapter, the root word in the Greek for 'jailer' is *basanizo*. This word means: "to torture, to inflict pain, to torment."

Basanizo is the process through which much of God's discipline takes place in our lives. This word is used only twelve times in the New Testament, and I want to walk you through three of those passages to show you some of the different forms discipline can take in our lives.

I believe it will help because once you recognize it, you will no longer look with earthly eyes at your earthly circumstances and say, "These issues I'm going through are simply due to natural causes," or "I have no idea why I'm going through these things." Instead, once you understand what you're looking for, you can say, "This feels like a spirit of discipline in my life. Let me think through what I might have done that I would be disciplined for." Then, with the Prayer of Freedom, you'll be able to stop it.

So, are you ready to see what *basanizo* does in our lives?

Alright, let's look…

☐ *Basanizo* Discipline #1 - physical suffering

The first passage is found in Matthew 8 with the story of a centurion and his sick servant.

Matthew 8:5-6—"When he had entered Capernaum, a centurion came forward to him, appealing to him, 'Lord, my servant is lying paralyzed at home, suffering terribly.'" (ESV)

"Suffering" is the word *basanizo*. And what was he suffering from?

Paralysis.

Physical suffering is one form of *basanizo* discipline—it can manifest in any part of your body as something that isn't functioning properly.

I remember one day when my wife and I were at Walmart. We saw a young, homeless couple named Nita and Brad outside the entrance, so we asked if we could pray for them. In the conversation they mentioned they had just been given an apartment, so we took them inside to buy a few things to help them set up their new home.

While we were there, I picked up a book on spiritual growth for them. And as we were walking down the aisle, I was teasing Brad, saying, "You'll have to fight Nita for the book if you want to read it."

But Nita said, "Oh no, Brad will read it to me because I can't read."

I went, "Aww, I'm sorry. I didn't know you couldn't read. What happened… have you never learned?"

And she said, "Oh, no, it's not that. I know how to read, but I just can't see to read. Everything is blurry."

At that point, Nita was standing several feet from Brad. This was during wintertime and Brad had on a knit ski cap with large, two-inch tall letters on it that read, "LEVI'S." I asked, "Can you read the word on his hat?"

She said, "No, the letters are too blurry."

So I said, "Well, I don't think God wants you to have blurry vision. Let's pray for it."

I then led her through a short version of the Prayer of Freedom. And in asking her questions about things that might be unrepented sins, I asked if she had unforgiveness in her heart for anyone.

She admitted, “Yes, my ex-boyfriend. He grabbed me by the hair on the back of my head and slammed my face into the dresser over and over again, breaking out all my teeth, top and bottom.” To verify, she showed me she had no teeth in the front of her mouth.

I asked if she would be willing to forgive him, and she said yes. So I led her in a short prayer of forgiveness. Then, I asked God to open her eyes so she could see clearly.

To test it out, I asked her again if she could read the word “LEVI’S” on Brad’s hat, and this time, she could! I then opened the book we got for them, held it about four feet away, and asked if she could read it, too.

… And she DID! She began reading the book from four feet away. God perfectly restored her vision!

Her blurry eyesight was due to a spirit of discipline. It was a physical suffering that impacted her eyes.

That’s one form of *basanizo*.

☐ *Basanizo* Discipline #2 - mental suffering

The second passage we’ll look at is in 2 Peter where it is talking about sin, fallen angels, and the like. We’ll pick up the passage here…

2 Peter 2:7-8—“And if he rescued righteous Lot, greatly distressed by the sensual conduct of the wicked (for as that righteous man lived among them day after day, he was <u>tormenting</u> his righteous soul over their lawless deeds that he saw and heard).” (ESV)

“Tormenting” is the Greek word *basanizo*. And in this case, it’s used to describe **mental suffering**. Mental suffering can be anything from depression, darkness, heaviness, anxiety, stress, and much more.

How does this play out with us today?

I remember a story from a pastor named Richard. His son, Andy, was a youth pastor. Andy went through a nasty divorce that his wife initiated. It was terrible. It tore Andy up and he went spiraling downward. He became

so depressed that he lost his job and couldn't even leave the house for *two* years.

For those two years his pastor-dad was on his knees every day battling for his son in prayer, but nothing ever changed.

Then, one day God opened Richard's eyes to understand more about the foundational truths behind the Prayer of Freedom. God told Richard to repent on behalf of his son. So Richard repented for all the sins he imagined Andy had probably been dealing with—anger, frustration, hurt, unforgiveness, all these things. The entire prayer session lasted about fifteen minutes. That's it.

About ten days later, Andy calls up Richard and says, "Dad, you won't believe what happened. Ten days ago, the depression instantly left! I am totally normal now!"

It was a spirit of discipline—mental suffering in the form of depression—and it lasted until those sins were repented of. An interesting thing about this case, too, is it was his *father* who repented for his sins, not himself (like what happened with the elderly father in Chapter 2 who repented on *his* son's behalf).

☐ *Basanizo* Discipline #3 - physical pain

The third example I want to share is from the last book in the Bible, called Revelation. It shows yet another form *basanizo* can take in our lives.

Revelation 12:2—"She was pregnant and was crying out in birth pains and the agony of giving birth." (ESV)

"Agony" is the Greek word *basanizo*. And in this instance, *basanizo* shows up as **physical pain**.

Another experience I had with *basanizo* discipline was at the drug addiction recovery center where I teach as a volunteer. Word had spread about my praying for people, and a woman named Susan came up and asked if I would pray for her.

I said "Sure, what's wrong?"

She said, "I've had rheumatoid arthritis for fifteen or twenty years, and it's *really* been flaring up these last several days."

So, I began going through the Prayer of Freedom with her; and as I did, I asked, “Do you have unforgiveness for anyone?”

She said, “Yes.”

“Would you be willing to forgive them?”

Again, she said, “Yes.”

I led her in a condensed version of the Prayer of Freedom, “Lord, I forgive so and so…” After that, I asked God to take away her arthritis pain. Then, I asked her to test it out.

She went up and down a flight of stairs, and when she came back, she exclaimed, “It feels a *lot* better!”

After I left, I didn’t give it much thought until a few weeks later. I had just finished teaching a class when Susan walked in. She tracked me down because she wanted to give me an update. And this is what she said…

"Ever since we prayed that prayer five weeks ago, I’ve had *no* arthritis pain."

I said, “Praise God! That’s wonderful!”

She continued, “I just came back from the doctor last week. He retested me and told me that I don’t have *any* arthritis in my body at all.”

Again, I said, “That’s wonderful!”

But then, she said one more thing that was even more amazing….

She went on, “… not only that, but the doctor said my body shows no signs of *ever* having had arthritis in the past!”

It was simply a spirit of discipline in the form of physical suffering.

This is one of the things I often see. When a sickness is due to a spirit of discipline and you repent of the sin for which you’re being disciplined, not only does the discipline stop but, frequently, God will restore the *physical* damage that the discipline created!

It’s mind-boggling and exciting, don’t you think?

But what does all of this mean?

What it means to me is simple…

When you go through any kind of challenge in your life—aches, pains, relationship conflicts, and more—it might be a spirit of discipline. And if it

is, all it takes to stop the suffering is the Prayer of Freedom!

With that said, there is one more thing you must understand to get rid of suffering due to sin and discipline. It's called "legal rights." Understanding legal rights is the key to being set free.

I'll share more about this in the next chapter.

OceanofPDF.com

CHAPTER 6
Legal Rights

Before I get into explaining legal rights, I first have a pop quiz for you…

Oh no! I bet you weren't expecting this!

I assure you, you'll pass it with ease. All you need to do is recognize the type of discipline involved in the following story. Here it is…

A friend of mine, Bill, is in his early 50's. About thirty-five years ago he broke his right hip playing college football and has been in pain ever since. The pain had been getting progressively worse over the years. Anytime he walked, the pain was excruciating! By the time I spoke with him a few months ago (as of the time I'm writing this), it had become so severe that he had been walking with a cane for over a year.

In fact, it was so bad that the doctors had been telling him for the last several years he needed full hip replacement surgery.

So, what was this 'excruciating pain' he was experiencing?

Correct! It ended up being *discipline* in the form of 'physical pain.'

And what did Bill need to do to get rid of it?

That's right—he needed to *repent* of whatever sin was the root cause of the issue.

So, I stepped in to help him find out what it was…

As he was sharing about his hip, my heart felt like this was probably a *basanizo*-type discipline rather than just natural causes, so I began asking a few questions. Going through the Prayer of Freedom process, I was looking for any unrepented sins he might have done before his accident that could be at its root.

As a side note, I don't think his football accident, by itself, was *basanizo* discipline. But I've learned that when an injury doesn't heal and only gets progressively worse, it is often *basanizo*. That's what I was probing for here.

As we talked, he shared that he was sexually active in high school. Since I couldn't find any other significant sin he had done, I felt that may have been the issue we were looking for. So, I led him in a short version of the Prayer of Freedom, had him repent of that sin, then asked God to heal his hip.

What happened next was amazing!

I asked him to stand up and check it out.

He stood up and started crying. Now, Bill is a big guy, so I wasn't expecting that at all!

After about two or three minutes, he regained his composure and said, "Beatty, I'm *completely* out of pain!" He started walking around the house without his cane, and without *any* pain.

This was the first time in thirty-five years that his hip was pain-free—the pain was completely gone! God gave him a new hip, healing the physical damage caused by the discipline (just as He did for Susan in the previous chapter, who had struggled with arthritis for years).

And here's something worth noting…

The pain was a physical issue in which all the x-rays and tests showed the hip was worn out and needed to be fully replaced. The doctors had confirmed it multiple times. But even though there was physical damage, the ultimate root behind it was spiritual.

And that spiritual root was?

You guessed it—unrepented sin.

This is what the Parable of the Unmerciful Servant shows us. If you sin and disobey God, and don't repent of that sin, then God will allow a spirit of discipline in your life *for your own good*. He wants to bring correction in your life and guide you to repentance. Why? Because that's the process it takes to conform you into the image of his Son. That's the whole purpose of discipline.

And as I mentioned back in the first chapter, God does this because he loves you.

God's discipline is for our good… *because* he loves us

Now, let's look at a few more passages from the Bible that show God's ultimate purpose with all of this. The first one is from Hebrews.

Hebrews 12:7b-11—"For what children are not disciplined by their fathers? … We have all had human fathers who disciplined us, and we respected them for it… They disciplined us for a little while as they thought best. But God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." (NIV, emphasis added)

Notice two things about God's discipline. First, it's "for our good." And second, it brings forth "righteousness and peace" in our lives.

If righteousness (a life of repentance) and peace come from being disciplined, what happens when you are *not* disciplined?

That's right—you get a life of unrighteousness (sin without repentance) and a lack of peace.

If your life is filled with constant frustration and turmoil—either with relationship problems, external problems beyond your control, job issues, chronic health problems, anger, infertility, and the like—and you have no peace in those areas, the root problem may simply be unrepented sin.

To illustrate this even more, let's look at a passage in the Gospel of John. This is about a lame man at the pool. Now that you're learning more about *basanizo* discipline, if you are familiar with this passage, it might make more sense to you now as to what's really going on. We find it in **John 5:2-9, 14** (ESV)…

vv. 2-3—"Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. In these lay a multitude of invalids—blind, lame, paralyzed."

Can you see the spirit of *basanizo* in there? "Blind, lame, paralyzed."

vv. 5-9, 14a—"One man was there who had been an invalid for thirty-eight years. When Jesus saw him lying there and knew that he had already been there a long time… Jesus said to him, 'Get up, take up your bed, and walk.' And at once the man was healed, and he took up his bed and walked… Afterward, Jesus found him in the temple and said to him, 'See, you are well…'"

Now watch this. For anyone familiar with this passage, this is the part most don't understand…

v. 14b—"Sin no more, that nothing *worse* may happen to you." (emphasis added)

It appears there was a spirit of discipline bringing *basanizo* torment in the form of paralysis and physical suffering. We infer from Jesus' final statement that this man must have done something in the past to bring this discipline on himself. Otherwise, why would Jesus tell him, "Sin no more, that nothing *worse* may happen to you?" He didn't say that to everyone he healed, but he *did* say it to this man!

From this passage, it seems God may allow spirits of discipline to bring suffering—not as punishment, but as correction. That pain becomes a teacher, leading us to repentance and shaping us more closely into the image of God.

The process *always* begins with repentance. You repent first, then you get breakthrough. You repent first, then you get freedom. Every single time, it starts with repentance.

Why? Because repentance is turning away from the sin that holds us back from conforming to him. It's the chipping away of the "stone" of sin that blocks our image of God.

Unrepented sin and "legal rights"

Unrepented sin gives spirits of discipline a "legal right" to torment us. This is the key to understanding God's discipline and how the Prayer of Freedom works.

Remember, spirits of discipline are usually *unholy* spirits. Unholy spirits are those that oppose God. They don't like God. Yet, in some

mysterious way, God created them *because* he loves us. They are one of his methods to bring us to repentance.

If you go back to the jailer in the Parable of the Unmerciful Servant, this process starts to make more sense…

The jailer hates the king and doesn't like serving him. But when people break the law, they go before a judge who renders a judgment and sends them to the dungeon. The judgment notice goes with the accused and is given to the jailer. When he sees it (his legal right to torment), he gets excited and says, "Up on the rack with you—it's my turn, now!" (pun intended!)

That judgment says you are convicted of breaking the law, and it's that conviction that serves as the legal right for the jailer to do what he loves to do: to cause pain in your life.

In the spirit world, the legal right is unrepented sin. It gives these spirits of discipline a right to torment us, and when someone has unrepented sin giving them a legal right to attack, those spirits are *unable* to resist—they are wired to respond. And bringing pain, torment, and suffering is the only thing they know how to do, and they *long* to do it.

The thief that destroys

Jesus speaks about these spirits in **John 10:10**—"The thief comes only to steal, kill and destroy. I came that [you] may have life and have it abundantly." (ESV, clarification added)

The "thief" is a spirit of discipline, and the "steal, kill, and destroy" refers to the pain and suffering it brings into your life. And as I explained in Chapter 4, God doesn't send spirits of discipline to cause pain and suffering in our lives; rather, it's our sin that gives the "thief" the legal right to do so on its own.

Do you remember the analogy I shared in Chapter 2 with the restaurant and the tow truck company, and how Jim got his car towed because he parked illegally? That's how these legal rights work. God doesn't *send* suffering into your life. But because of his spiritual laws, whenever you sin you create legal rights that invite spirits of discipline to bring the suffering to you.

The only way to get the “abundant life” that Jesus speaks about is to repent of the sins that give the thief a legal right to “steal, kill and destroy.” Once you do, it removes the legal right and the torment stops.

So, even though unholy spirits don’t want to serve God, they can’t avoid serving him. By doing what they love to do, they actually do God’s will—they bring us to repentance!

Anaphylactic shock disappears

A while back I had emailed the Prayer of Freedom to a friend of mine named Kate. She had been going through some issues I thought it might help her with.

But in a completely different turn of events, something else unexpected happened…

Mike, her husband, had been working out at the gym and drinking protein shakes every day. He kept trying different brands to see which one he liked best.

One day, he drank a shake from a new brand—one with flax seed protein—and immediately had an allergic reaction to it. He went into anaphylactic shock, his throat started closing up, and it became difficult to breathe.

Kate was scared! She was just getting him in the car to rush him to the ER when she remembered the process of the Prayer of Freedom. So she prayed—she quickly repented for sins Mike may have committed, then asked God to heal him.

Instantly, his throat opened up and he started breathing normally!

(Note: because of the marriage covenant that makes husband and wife “one,” a spouse can repent on behalf of the other and help set them free. I share more about this in Chapter 15.)

Which sins created “legal rights” to your life?

How did Kate know which sins to repent of? My guess is she repented of anything she could think of, and probably did a blanket prayer, “I repent

for *all* of Mike's sins." But whatever she did, it worked!

Every unrepented sin creates legal rights in the spirit realm. And it's these legal rights that allow spirits of discipline to bring suffering into your life. This includes sins you know you committed, those you don't realize you committed, things you did that you may not even consider to be sinful, and sometimes even things others did to you without your consent.

This whole world of spiritual warfare is much bigger than most people realize, and it carries far-reaching implications for the way we live. Because of that, addressing these issues often means going back and dealing with specific sins from our past—one by one—rather than relying only on broad, general prayers. (*For Christians, this is why the Bible speaks of not just a general prayer of repentance, but the ongoing practice of confessing individual sins—**James 5:16** being one example. I explain this further in Chapter 8*).

This connects with what I shared earlier about the jailer and the prisoner: the discipline and torment can only be stopped once the judgment —the jailer's "legal right"—is removed.

A lot of times when I teach this I look out over the crowd and see worried faces staring back at me. I'm asked, "But I've sinned soooo much in my life over the years—how in the world can I remember every sin I did to repent of them?"

The simple answer is it's God's responsibility to remind you of those sins so you can get free. Trust me… he wants you free more than *you* do!

All of this is part of the process with the Prayer of Freedom you'll see in Part 2. Read on and I'll explain more…

OceanofPDF.com

Power Prayers to improve your life

Power Prayers are short, potent prayers that temporarily block unholy spirits from annoying your life. They can enhance a good night's sleep, help children obey and be less fussy, reduce marital conflicts, and more. Scan the QR code (or enter the URL) to get them now.

OceanofPDF.com

CHAPTER 7
Sin is a cause for infirmity (Old Testament)

A friend of mine in Uganda, named John, emailed me a while back asking for money to send his sister to the doctor. She had been poisoned and desperately needed to see a specialist. Another woman in their village had also been poisoned earlier on and died, so John was extremely concerned about his sister.

God prompted me to send him the Prayer of Freedom before sending money. So I did. I told him to pray through it and get back to me within three days. If there was no change then I would send the money. Here is his email three days later, slightly adjusted for clarity and brevity…

"Greetings from Uganda,

"My sister, TJ, is a 16-year-old student studying in Level 3 of high school. As I mentioned, last month she started experiencing itching in her throat, had a terrible stomachache, and had constant headaches.

"After testing for malaria and typhoid, we took her to a medical specialist for further tests. Those tests revealed she had been poisoned! The doctor gave her an antidote, but it wasn't effective.

"By this time, TJ was unable to eat, unable to walk, bedridden, and in critical condition. It became clear she needed more intensive medical treatment. That's when I reached out to you.

"When you gave me the Prayer of Freedom, I shared it with my mother and TJ, and we all prayed it for three days as you directed us. When we did, amazing changes happened!

“TJ got her appetite back and began eating again, she was able to get out of bed and started walking again, and the stomachache completely disappeared!

“We took her back to the medical personnel for testing and after running more tests, the doctors confirmed the poison was essentially gone! All TJ needed now was an inexpensive supplement to help a little with her kidneys.

“The power of repentance made a life-changing difference in my sister’s life. Thank you for sharing the Prayer of Freedom with us.”

The “miracles” of the Prayer of Freedom

On a personal note, I never cease to be amazed at the results people get with the Prayer of Freedom.

Because I have seen so many “miracles” God does in peoples’ lives with this prayer, it has become the *first* thing I share when someone needs help in almost any situation—not just for health issues, but practically everything else, too.

The things we deal with—whether it’s relationship conflicts, diseases like cancer, migraines, *poison*, trauma, infertility, anger, or almost anything else—while these things *could* be from purely natural causes, I have found they are often tied to a root of unrepented sin somewhere in our lives.

And what I’ve repeatedly seen is when people repent of specific sins, many of the problems they’ve been dealing with for years disappear. What’s even more remarkable is when those problems involve a physical issue that doctors claim to be a normal process of aging—worn-out joints, glaucoma, arthritis, etc.—God frequently restores it all back to perfect health!

In fact, I was listening to a man speak not long ago. He uses the same process as the Prayer of Freedom and shared three case studies from his personal experience working with people who were paralyzed. In every case, after leading each person through repenting of their sins, each one was completely healed of their paralysis. One of them was even a quadriplegic who had been in a wheelchair for over a year!

This is the whole idea of the next few chapters. Sin *can* cause infirmity, and when it has unrepented sin at its root, repentance can bring about

healing.

If you start searching through both the Old and New Testaments, you'll see direct connections between sin and infirmity (sickness and disease). There are at least twenty direct references and as many as thirty additional, indirect references. And again, while not all infirmity is caused by sin, what's interesting is when the Bible speaks about causes of infirmities in our lives, it is almost *always* associated with sin.

Let's take a brief walk through a few passages and I'll show you the unmistakable connections God makes between sin and infirmity—and how clearly He has explained why so many are sick and suffering.

☐ Biblical link between sin and infirmity #1

Our first passage comes from the book of Numbers. As a background, this takes place after God delivered Israel out of Egypt through a man named Moses. While they are in the wilderness, Moses's siblings—Aaron and Miriam—grow jealous of the leadership role God gave him. Because they were his siblings and older than him, they challenged his position and tried to claim equal authority. Let's look at it now…

Numbers 12:1-10 – "Miriam and Aaron began to talk against Moses… "Has the LORD spoken only through Moses?" they asked. "Hasn't he also spoken through us?"… At once the LORD said to Moses, Aaron and Miriam, "Come out to the tent of meeting, all three of you." So the three of them went out. Then the LORD came down in a pillar of cloud; he stood at the entrance to the tent and summoned Aaron and Miriam. When the two of them stepped forward, he [rebuked them for their sin]… The anger of the LORD burned against them, and he left them. When the cloud lifted from above the tent, Miriam's skin was leprous—it became as white as snow. (NIV, clarifications added)

Notice what just happened — Miriam and Aaron sinned by claiming a right to the same role that God gave only to Moses. God was angry, so what did he do?

He sent a sickness upon Miriam as discipline. In other words, sin was the cause of her sickness.

☐ Biblical link between sin and infirmity #2

Now, let's look at another passage where the Bible connects sin with infirmity. This one comes from a message Moses gave to the Israelites as they prepared to enter a new land—and it's a startling one…

Deuteronomy 28:58-61—"If you do not carefully follow all the words in this law, which are written in this book, and do not revere this glorious and awesome Name—the Lord your God—the Lord will send fearful plagues on you and on your descendants, harsh and prolonged disasters, and severe and lingering illnesses. He will bring on you all the diseases of Egypt that you dreaded, and they will cling to you. The Lord will also bring on you every kind of sickness and disaster not recorded in this Book of the Law…" (NIV, emphasis added)

Look at the correlation here.

"If you do not carefully follow all the words of this law" means "if you disobey and sin against God."

And what happens if you sin against God?

God will send "severe and lingering illnesses. He will bring on you all the diseases of Egypt, every kind of sickness and disaster, and they will cling to you."

That means God will allow infirmity to come upon you, and that infirmity will often be chronic ("cling to you") and last a long time. And not *only* infirmity, but other kinds of disaster in your life.

Can it get any clearer? God says, "If you sin against me, I will bring all kinds of infirmity (sickness and disease) and disaster upon you that will go on and on" … *until* you repent.

☐ Biblical link between sin and infirmity #3

Another reference we'll look at ties in with this idea of sin 'clinging' to you. It's the story of a man named Gehazi who also gets leprosy. Let's read it now…

2 Kings 5:14-16—"So he [this is talking about a Syrian general named Naaman who had leprosy] went down and dipped himself in the Jordan seven times, as the man of God [Elisha] had told him. And his flesh was

restored, and became clean like that of a young boy. Then Naaman and all his attendants went back to the man of God. He stood before him and said, 'Now I know that there is no God in all the world except in Israel. So please accept a gift from your servant.' The prophet answered, 'As surely as the Lord lives, whom I serve, I will not accept a thing.' And even though Naaman urged him, he refused." (NIV, clarification added)

Then, after Elisha refused to take Naaman's gift, Naaman heads home and goes a short distance before we pick the passage up again in verse 21…

vv. 21-26—"So Gehazi [Elisha's servant] hurried after Naaman. When Naaman saw him running towards him, he got down from the chariot to meet him. 'Is everything all right?' he asked. 'Everything is all right.' Gehazi answered. 'My master sent me to say [this is a lie, by the way], "Two young men from the company of the prophets have just come to me… Please give them a talent of silver and two sets of clothing."' 'By all means, take two talents,' said Naaman… When he [Gehazi] went in and stood before his master, Elisha asked him, 'Where have you been Gehazi?' 'Your servant didn't go anywhere,' Gehazi answered. But Elisha said to him, 'Was not my spirit with you when the man got down from his chariot to meet you? Is this the time to take money or to accept clothes—or olive groves and vineyards, or flocks and herds, or male and female slaves?'"

Now, pay attention to this final verse as Elisha continues his message to Gehazi…

v. 27—"'Naaman's leprosy will cling to you and to your descendants forever.' Then Gehazi went from Elisha's presence and his skin was leprous — it had become white as snow."

Pretty clear and direct, huh? Here we have another *very* straightforward example of sin being the root of an infirmity.

Gehazi commits a terrible sin (receiving gifts by deception for work God did, inferring God's goodness could be purchased with money), and God disciplines him with sickness—in this case, leprosy that will be passed down from generation to generation.

We start to see even *clearer*, more direct references between sin and infirmity in the New Testament.

Read on. I think you'll be surprised!

OceanofPDF.com

CHAPTER 8
Sin is a cause for infirmity (New Testament)

Hanna had been diagnosed with cancer. She and her husband, Jack, are devout Christians and believe in the power of God's healing miracles. So, they prayed, believing God would heal her, and he did.

God healed Hanna of cancer! And even when she went back to the doctor, *no* trace of cancer could be found. It had disappeared!

However, the doctor *still* recommended she go through chemotherapy "just in case" it started to come back. Hanna and Jack didn't want to do it, but their adult sons were concerned. They talked to the doctor, and together they pressured Hanna by saying things like, "You should still go through chemo as a back-up. It will be safer that way. We want you to do it."

Because of their insistence, Hanna began to think, "Maybe they're right. After all, you can never be too careful with cancer."

So, going against what she felt in her heart, she started the treatment. And immediately regretted it…

Two years later—

My wife and I were having lunch with my brother and his wife. He started sharing about Hanna and what has happened with her over the past couple of years.

He said, "After she went through chemotherapy, she completely changed. No longer was she that bubbly, fun and full-of-excitement woman I had known. Instead, she went into a deep, dark depression she couldn't get out of."

For the last two years, Jack had taken her to doctor after doctor, she was put on one prescription after another, and nothing worked. Jack told my brother, “Hanna is no longer the woman I married—she has *completely* changed.”

When I heard her story, I instantly recognized this as a spirit of discipline. It was *basanizo* because she sinned against God. God had healed her and the doctor had confirmed it. But she rejected that healing and, instead, trusted man’s opinion over God’s truth, believing it might come back.

So, I reached out to her and ultimately led her through the Prayer of Freedom. We prayed together and she repented of having rejected God’s healing and believing man’s opinion instead.

Within two or three days, all her mental problems cleared up—the depression left, the anxiety and nervousness left, and “mentally” she was back to her old self again!

Hanna’s story underscores, again, the direct association between sin and infirmity.

In the last chapter I promised to share more biblical passages showing that connection. So now, let’s jump into the New Testament to see a few more…

☐ Biblical link between sin and infirmity #4

The previous examples I shared were from the old covenant days—the days of Israel being under the Jewish Law But what about today?

(And just a quick word for my Christian readers: there’s often some confusion here. Many believe that being part of the new covenant, of being “under grace and not under Law,” means that sin no longer has consequences to our lives. But even under the new covenant, this link between sin and infirmity still appears. That’s what we’re about to see in the next two passages…)

In 1 Corinthians, Paul is writing to the church in Corinth. These were Christians who believed in Jesus for salvation. However, they were a wayward church. There was a lot of sin going on—strife, jealousy, sexual immorality, and more. They were so “bad” Paul ended up writing several

letters to them, admonishing and rebuking them each time, trying to correct them.

In the passage I want to share with you, Paul is instructing them on a Christian practice known as Communion or the Lord's Supper. It's a practice of sharing bread and wine as a reminder of the work Jesus did.

With that backdrop, let's pick up our verse below.

1 Corinthians 11:29—"For those who eat and drink [talking about taking Communion] without discerning the body of Christ, eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep." (NIV, clarification and emphasis added)

When Paul says they were eating and drinking "without discerning the body of Christ," what he means is they were taking Communion in a sinful manner. As you read the rest of the text, you'll see they weren't treating it as a holy sacrament. Instead, they were treating it as a personal feast, creating division among the other believers by selfishly ignoring their needs (in those days, Communion was a full meal, not just a wafer and sip of wine or juice as many Christians do today). Because of this, they were bringing judgment on themselves.

In other words, when you take Communion, since it is a "Holy" Communion, you are to do it with a heart of love towards others, the same as Jesus did. You're not to take it in a way that excludes others and creates division, then say, "Okay God, bless me. I'm eating and drinking in remembrance of Jesus."

If you do, Paul says you are bringing judgment upon yourself because you are committing a sin when taking Communion. That's what this passage is speaking about here.

And what were the outcomes for the Corinthian *Christians* when they sinned while taking Communion?

Paul says, "That's why many among you are weak and sick, and a number of you have fallen asleep" (the term "fallen asleep" is used here as a euphemism meaning, "they have died").

So, our conclusion from this passage is the same as we've seen with all the others: sin can be a direct cause of infirmity. And this holds true *even*

for Christians who live under the new covenant. And here, that infirmity manifested as weakness, sickness, and even death.

"But why? That doesn't seem fair. Why did God let that happen to them?"

If that's what you're thinking right now, you're not alone! This is a difficult truth to grasp. And while it may not seem like a loving God would treat people this way, I want to assure you of two things. First, he *does* allow it. And second, he allows it *because* he loves us.

When we look at verse 32, you'll see what I mean.

1 Corinthians 11:32—"… when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world." (NIV, emphasis added)

Here we see another reason for God's discipline. *(For those coming from a Christian background, the New Testament explains this as God correcting His children now, so they won't share in the world's condemnation later when Christ returns.)*

It's really the same reason we discipline our own children… so something worse won't happen to them in the future. If they steal candy from their sibling, we discipline them for it. Why? So later on down the road they won't steal bigger things from someone else and end up punished by going to jail.

It makes perfect sense. Discipline is for our good. That's why God disciplines us—for our good. We know this because he tells us in **Hebrews 12:10**, "God disciplines us for our good, in order that we may share in his holiness."

But it doesn't stop there. Let's look at another example…

☐ Biblical link between sin and infirmity #5

Let's now take a quick look at another passage on what to do when you're sick. It contains a key message about healing. This passage has often caused confusion, even among Christians, so I'll pause along the way to clear up a few common misunderstandings…

James 5:14-16—"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed…" (ESV, emphasis added)

Okay now, let's decipher what this is saying and you'll see something amazing. *Sin* is the root of the sickness James is talking about…

v. 14—"Is anyone among you sick?"

That's the first key. This is speaking to anyone who is sick, either mentally or physically.

v. 15a—"And the prayer of faith will save the one who is sick…"

That's the second key. Since James is speaking to those who are sick, to "save the one who is sick" doesn't mean "receive salvation" for eternal life, as it's sometimes misunderstood. To "save" someone who is sick means to heal them… to save them *from* their sickness.

v. 15b—"… and the Lord will raise him up…"

Again, to "raise" someone up isn't talking about "the resurrection," but about raising them up from the sick bed.

vv. 15c-16—"… And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed."

What will be forgiven? Your sins. And why are they forgiven? Because you confess them (i.e. repent). And what happens when you confess your sins? You are *healed*.

Now, using those short explanations, let's restate what this passage is actually saying…

"If anyone among you is sick, confess and repent of your sins so they may be forgiven and you may be healed."

James is saying it's *sin* that's causing your sickness, and if you will "confess your sins… you will be healed."

Are you starting to see a pattern with all of these passages?

The understanding from Bible texts is clear: *sin is a cause of infirmity*. And if sin is the cause of *your* infirmity—whether it's depression, panic attacks, chronic sickness, or more—repenting (confessing) of that sin is the path to being healed.

This is the backbone of the Prayer of Freedom—repenting of sins that give spirits of discipline a legal right to bring *basanizo* torment to your life. When you do, the torment and discipline stops and you are set free!

But, that's not all the evidence linking sin to infirmity. There's even more, and I'll share *that* in the next chapter.

OceanofPDF.com

CHAPTER 9
Sin is still a cause for infirmity today

Since we've been looking at direct links between sin and infirmity in the Bible, I thought it would be a good idea to share a few more examples of links between sin and infirmity from modern times. The point I want to underscore is this is not just a "Bible-time" truth. This is ongoing. This is how God's discipline works in our lives, and all we have to do to be freed of the discipline is to *repent*.

And this doesn't apply *just* to infirmity. Spirits of discipline steal, kill and destroy our lives in many ways: infirmities, relationship problems, job and career issues, and more.

Once I started learning this simple truth, it's been a "game-changer" in ministering to people, regardless of what types of issues they are dealing with.

Read on and see…

☐ Parkinson's disease disappears

A few years back a friend of mine, Pam, was a hospice care worker. She was working with a lady named Madeline. Madeline was only forty-nine years old at the time. She was in hospice, which means she only had about six weeks or less to live. She was dying of Parkinson's disease, a brain disorder that disrupts your ability to move your muscles, and in advanced stages you feel so weak that you are unable to move at all. That's where Madeline was.

At the time, Madeline had no strength left. She was so weak the only thing she could move was the pinkie on her right hand. On top of that, she

could barely speak above a whisper.

During her visit, Pam asked, “How did you catch Parkinson’s disease?”

Madeline whispered, “Oh honey, you can’t catch Parkinson’s disease. If you could, you wouldn’t be in this room with me today.” She continued softly, “My husband had Parkinson’s and, after he died, I was diagnosed with it.”

Pam understood the link between sin and infirmity, so she gently probed, “Did you ever sleep with your husband before you got married?”

Madeline answered, “Yes. What does that have to do with anything?”

Pam explained how pre-marital sex is a sin, and what appeared to be happening was the Parkinson’s disease was a spirit of discipline that had been attacking her husband. When he died, *because* of their sex before marriage, it created a special type of legal right called an unholy soul tie (explained in Chapter 10) that allowed the spirit to shift to her… so it did.

At that point, following the pattern of the Prayer of Freedom, Pam led Madeline in a prayer of repentance for that sin, then asked God to remove the Parkinson’s disease from her.

When Pam returned to visit Madeline the next week, she was sitting up in bed. Pam said her eyes were dancing, all the color had returned to her cheeks and body, and she looked like a different person! They had a fun time together that day, chit-chatting through the whole visit.

The following week when Pam returned, Madeline wasn’t there. Pam asked the administrator, “Where’s Madeline?” She said, “Oh, she got so much better we discharged her the other day.”

Madeline went from ‘death row’—about to die on hospice with an incurable disease—to walking out of that place in less than two weeks mostly, if not fully, healed. And it was all because she repented of her sin!

Any sickness, even cancer, if its root is an unrepented sin, can be reversed.

☐ Addictions, migraines and more disappear

Kathryn is a young woman who had been a drug addict for years. She wrote me this message after doing the Prayer of Freedom. I have edited it

for clarity and brevity…

“I want to thank you for the Prayer of Freedom. It has changed my life!

“Growing up, my relationship with my mom was really tough. She was abusive, and she and my stepdad would drink and get into lots of fights. By the time I was in seventh grade she said she didn’t want anything to do with me and left. That’s when life began spiraling downward. By sixteen years old I was having sex with lots of boys and started getting into drugs. That was just over 10 years ago.

“Before doing this prayer, I was addicted to heroin and fentanyl and meth. I had a lot of worry and stress and anxiety. On a scale of 1 to 10, they were probably an 8. I’ve had constant allergies and sinus headaches for years, migraines five out of seven days a week, and a super heavy feeling like I was carrying around an overweight backpack every day. Life has really been difficult.

“But the Prayer of Freedom and repenting changed everything. Literally, everything is gone!

“No more sinus issues. All gone. No more headaches and migraines. All gone. No more heaviness. It’s all gone. No more anxiety or stress or worries. Literally, on a scale of 1 to 10, they've all gone to 0. Even my addictions have gone down to 0. I don’t want drugs anymore. I have no urges for them anymore. And even the thought of any drug disgusts me. It’s all gone!”

All her issues were sin-based. How do I know? Because they all disappeared when she repented of her sins.

☐ Mental illness disappears overnight

Ashlyn is a young woman who endured severe childhood trauma and battled intense mental health challenges for much of her life. This is her story…

“I suffered from crippling anxiety, PTSD, and mental illness ever since experiencing horrific trauma from men when I was a little girl. It left me constantly afraid. Every morning, I would wake up terrified—absolutely

sure something bad was going to happen. My mind never stopped racing. It was 24/7.

“Doctors had me on a heavy cocktail of medications just to function: 400mg of Seroquel, plus Buspirone, Zoloft, and sleep meds. I’d been diagnosed with bipolar disorder, borderline personality disorder, and severe anxiety. I honestly believed I’d be on medication for the rest of my life.

“Then I went through the Prayer of Freedom.

“The very next morning, I woke up—and everything was different. I wasn’t afraid anymore. I wasn’t terrified. For the first time since childhood, I felt peace. I felt calm.

“When I met with my psychiatrist, she looked at me and said, “If you feel this good, you don’t need the meds.” So, I stopped. And I haven’t needed them since. That was over six months ago.

“I can’t even describe what it’s like to wake up and not feel afraid. To not need medication just to get through the day. I’m free—and I never thought I would be!”

And just like with Kathryn, all of Ashlyn’s issues were tied to sin. How do I know? Because the moment she repented, it all left. The fear, the trauma, the mental illness—it didn’t just improve. It was completely *gone*! sins.

I know these stories may sound too good to be true, but the reality is this is exactly what Jesus tells us will happen in **John 10:10—**“The thief comes only to steal, kill and destroy. I came that you might have life, and have it abundantly.” (ESV)

The thief only has a legal right to steal, kill, and destroy because of unrepented sin. But **Colossians 2:14-15** tells us God canceled the record of debt for our sins and “disarmed the rulers and authorities”—those “thieves” Jesus talked about—so they no longer have a legal right to attack us.

But the only way we can receive that protection is by faith—by obeying God’s command to repent of our sins.

If all of this sounds impossible, just remember that nothing is impossible for God. And when you follow his rules, his promises come true.

It almost sounds too simple, doesn't it?

But yet, it's what the Bible consistently tells us. It says, "confess (i.e. repent of) your sins… that you may be healed."

It really *is* that simple. And it can be that simple for you, too!

Let me share another incredible story to drive the point home even more…

☐ Glaucoma and cataracts disappear

My wife and I had travelled to the Caribbean for a vacation. We had a wonderful time… until it was time to fly home.

We were at the airport, waiting for the plane to land that was supposed to take us back home. But because of bad weather it was delayed, delayed again… then finally canceled. We couldn't leave that day and had to fly out the next day.

To make a long story short, the only hotel we could find was about an hour away. So, we hired a taxi to take us there and pick us up again early the next morning to return us to the airport.

As the taxi driver dropped us off at the hotel and was about to leave, I asked him what I typically ask most people—"I pray for people. Before you leave, is there anything I can pray for you about?"

He seemed startled that I would ask, but he said, "Yes, please pray for my eyesight." Then he drove away.

When he picked us up the next morning to take us back to the airport, I could tell something was on his mind. As we were unloading, he said, "I've never had anyone ask if they could pray for me before. You must be a man of God. Do you have time to talk? I have a lot of questions."

I said I did. So we went to a coffee shop next door and started talking.

During the conversation, I asked him what was going on with his eyesight. He said he could barely see. And as a taxi driver, that is a *very* important thing to be able to do!

Keep in mind, he had just driven us an hour both ways to and from our hotel. The whole time I was wondering why he had driven so slowly and why he drove in the *middle* of the road the entire time (except when oncoming traffic passed us). Now I understood!

He said he had cataracts and glaucoma. The cataracts made it difficult to drive at night with oncoming headlights, and the glaucoma made it where he could barely see anyway.

There was a giant poster on the wall about fifteen or twenty feet behind me with large words printed on it, and I asked if he could read it. He looked and looked, and squinted… and couldn't read *any* of it.

I then shared about the Prayer of Freedom and how unrepented sin can cause infirmity. So, I started asking questions about possible sins he may have committed and, as a 70+ year old man on the island, there were quite a few!

I finally led him through an abbreviated version of the Prayer of Freedom. Altogether, it took about twenty minutes. And all I did was guide him through repenting of various sins God brought to his mind and asked God to heal his eyesight. When it was all over, I asked him to try and read the poster again.

This time, he read the *entire* poster, including the smaller print at the bottom! His eyesight was perfectly restored!

About three weeks after returning home, I reached back out to him and asked how his eyesight was doing. He told me that not only was the glaucoma still gone, but also the cataracts—he could see clearly, even with headlights shining in his eyes!

And all of it was simply a spirit of discipline bringing *basanizo* torment because of unrepented sin.

Why is this so important?

This is important because many of us (or our loved ones) live with persistent problems we believe are just a normal part of life, beyond our control to do anything about. And often, many of them are considered incurable.

But the root cause of many of our issues, whether infirmities, relationship problems, anger, or other life challenges, is unrepented sin in one form or another. Not *every* sickness or issue in our life is due to unrepented sin but, from my experience, I've found the vast majority of them are.

That's why it's so vital for us to understand what's going on. Once you understand *why* it happens, you are empowered to get free from it.

Unrepented sin gives spirits of discipline a legal right to attack you. If you want them to stop, all you have to do is remove their right to be there. And to do that, all you have to do is repent of the sin that gave it to them in the first place.

There are three types of legal rights that unrepented sin can create. And while the "simple answer" on how to remove the legal right is to repent of that sin, the reality is it's a little more complicated.

Each of the three legal rights requires a slightly different process to break it. If you can't identify which type of legal right a spirit of discipline is using and how to break it, you won't get free of its torment.

In the next chapter, I'll walk you through these legal rights and show you how to nullify each one so you can be set free. So, turn the page and read on.

OceanofPDF.com

CHAPTER 10
Three types of “legal rights”

About four years ago a friend of mine handed me a phone number and asked me to pray for a seventy-three year old woman named Francis. I reached out to her, and in our phone conversation learned some fascinating things about her.

Francis was a lifelong missionary who had spent the last *fifty years* on the mission field. By all accounts, she had lived a righteous and holy life. But there was one problem.

Francis had been wheelchair-bound and unable to walk for eleven years because of extreme pain in her right foot.

When I asked her what happened, she said, “I had surgery eleven years ago because of pain in the ball of my foot. The surgery only exacerbated the problem, and the pain got worse. Since then, I’ve had two more surgeries on it, but the doctors couldn’t correct it. So, I’ve been in a wheelchair ever since.”

Based on everything she told me, it just felt like a spirit of discipline. So, I walked her through the steps of the Prayer of Freedom, going through a typical list of sins I’ve seen with most people.

“Have you ever had sex outside of marriage?” I began. “No,” she replied.

“Do you have unforgiveness for anyone?” I asked. Again, she replied, “No.”

“Have you ever dabbled in the occult—played with a Ouija board, participated in a séance, or anything like that?” I asked. Once again, she said, “No.”

One after another, everything on my list resulted in a "No." But we needed to get to the bottom of this, so I continued, "Have you ever been part of a secret society or taken any secret oaths?" I asked. "No," she replied.

I was just about to ask the next question when Francis cut me off excitedly, "Wait! God just reminded me of a secret oath I took a long time ago. I was involved with *Rainbow Girls* in high school and took a secret oath as part of the initiation ceremony. I don't even remember what I said."

Bingo! I thought to myself. Then I said, "I think that might be it. Let's repent of that oath and see what happens."

So, I guided her through a short prayer of repentance, asked God to remove the pain, and I commanded any spirit of discipline that was there to leave immediately. When I did, all the pain in her foot instantly left! And I mean… *instantly*. It was gone. She got out of the wheelchair and started walking with NO pain.

Three months later, I checked back with her, curious to see how things were going. And she confirmed she was still walking normally—no pain, and NO wheelchair!

All it took to free her from the wheelchair was to repent of a sin—a secret, sinful oath she took over fifty years earlier.

Wow!

For Francis, the oath turned out to be an agreement that was contrary to God's will and, therefore, a sin. It's called an "agreement sin." Let's learn more about it now.

The three types of legal rights

With that, I now want to talk about the three types of "legal rights" that unrepented sin creates in our lives. And it's these legal rights that actually give spirits of discipline the authority to torment us.

When you repent of the sin, it sets the stage to remove the legal right. But depending on what type of legal right was created determines how to remove it. And that's what I want to discuss here.

In simple terms, the three legal rights come from (1) Activity Sins, (2) Unholy Soul Ties, and (3) Agreement Sins. Let's look at them one-by-one.

Legal Right #1: Activity Sin

An activity sin is **something you do** that is contrary to God. It's usually a sin of transgression—a rebellion against what God says to do. This could be something like sex outside of marriage, harboring anger or resentment toward another person, or not forgiving someone. Many of the stories I've shared fall under this category.

The discipline for an activity sin will continue for as long as you live. To stop the discipline from an activity sin, you must ***repent*** of the sin.

Legal Right #2: Unholy Soul Ties

The second type of legal right is what's known as an "unholy" soul tie. While this term isn't explicitly in the Bible, it is inferred. But even though it's only inferred, in practical, real-life experience, you can clearly see its existence when dealing with the Prayer of Freedom.

Unholy soul ties are a bit tricky because they involve another person in one way or another. They are formed when any sin is committed **between you and another person**. It's essentially a spiritual connection between you and the other person. This connection is a doorway which allows an unholy spirit that is working through the other person to also gain a legal right to you as well (like what happened to Madeline when she got Parkinson's disease after her husband died).

What's also unique about this type of legal right is the sin that creates the unholy soul tie does not have to be consensual. It frequently is, but it doesn't have to be. The only thing needed to create an unholy soul tie is the *presence* of sin between you and someone else.

For example, sex outside of marriage always creates an unholy soul tie with the other person. Doing drugs with someone else, or buying drugs from another person, creates an unholy soul tie with that person. But even if you did not agree to participating in the sin—maybe you were abused by someone else—simply the fact that a sin was committed against you can

still create an unholy soul tie. And it's this unholy soul tie that explains why, if you've ever been in a relationship with someone who abused or controlled you, you may still feel their influence even after they're no longer in your life—even if they've passed away. That lingering control is a spirit of discipline gaining access to you through the unholy soul tie.

Unholy soul ties remain legal rights for spirits of discipline to attack you until you ***break*** them.

And here's the "tricky" part about them…

Even if you repent of the sin you committed with the other person, thereby canceling that sin's legal right, the unholy soul tie still remains as a separate legal right until you *break* it as well. On top of that, unholy soul ties remain as a legal right *for as long as you live*, even if the other person has died.

The best way to explain how it works is with another story…

☐ Breaking cigarette addiction

Julie is a strong Christian and was addicted to cigarettes. She tried everything to stop smoking, but still smoked three packs of cigarettes a day. Nothing helped.

Julie had followed the precepts of the Prayer of Freedom—she repented of all the sins God reminded her of, she repented of smoking and hurting her body (God's temple), and more. But she still couldn't quit. Something was still inciting her to smoke.

Then one day while speaking with a pastor, he asked her, "Have you broken the unholy soul tie with the person who taught you to smoke?" Julie said, "No."

He then asked if she could remember who taught her how to smoke. Julie responded, "It was my babysitter from when I was ten years old. She taught me to smoke and gave me my first pack of cigarettes."

The pastor then guided her through breaking the unholy soul tie with that babysitter and asked God to remove the spirit of addiction.

He did, and Julie walked out of the pastor's office never smoking another cigarette since!

Legal Right #3: Agreement Sin

The third type of legal right is an agreement sin. This is an **agreement you make** that is contrary to God. Agreement sins are sins of iniquity—a perversion, or twisting, of God's holy standards.

Many of the problems people struggle with are tied to agreement sins. Often, those sins are tied to oaths either they or an ancestor took that was unknowingly contrary to God.

This is what happened with Francis. She wanted to join *Rainbow Girls* (a subset of an organization called *Freemasons*) because it sounded like a lot of fun. As part of the initiation ceremony, she had to repeat a secret oath. She didn't really understand what it all meant—in fact, it probably sounded a little weird at the time—but she played along and repeated it. Why? Because they were only words, right? What she didn't realize is part of that oath created an agreement sin that would come back to haunt her years later in life.

As far as the discipline goes, though, unlike an activity sin where the discipline is only directed toward you and your life, the discipline for an agreement sin continues until the agreement is broken. This means the discipline can continue for your life and be passed to your children and their children as well. What this means is some of the problems you may be dealing with could be tied to sins one of your forebearers committed.

In the Bible, it is called a sin of iniquity. And we first learn about this type of sin in the book of Exodus…

Exodus 34:7—"[God keeps] steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children to the third and fourth generation." (ESV, clarification added)

(Just to be clear, when God says, "the iniquity of the *fathers*," he is using an all-encompassing term that means both fathers and mothers.)

Did you notice this passage talks about three types of wrongdoing? One is "iniquity." Another is "transgression." And a third is "sin."

To understand what this verse is really saying, it's important to know what each of these sins are. Let's look at them in reverse order…

Sin - The easiest way to understand "sin" in this context is to think of it as something you do contrary to what God wants you to do, and you do it by accident. Generally speaking, you don't know what you're doing is a sin. That's basically what the Bible is talking about in this passage where it speaks of all three categories of wrongdoing at the same time. It's what we might call an "unintentional sin."

Transgression - In simple terms, "transgression" is when you purposely choose to do what is wrong rather than to do what you know is right. The actual definition of the Hebrew word for "transgression" is "rebellion."

Have you ever found yourself in a situation where you knew the right thing to do from God's perspective, but your flesh wanted to do something else… and you gave in to your flesh? Your thoughts typically go like this: "I know I really ought to do 'A' [the right thing], because that's what God wants me to do. But I really want to do 'B' [the wrong thing]." For example, maybe you're dating someone. One thing leads to another, and the two of you start sleeping together outside of marriage. You know it's wrong in God's eyes, but you do it anyway. Why? Because you want to.

Perhaps before reading this, you didn't realize having sex before marriage was wrong in God's eyes. In that case, it would have been a "unintentional sin." But now that you *know* it is wrong, if you keep doing it, God calls it a "transgression." A transgression is a sin of rebellion—you know God's desire, but you rebel against Him to fulfill *your* desire.

James 4:17 says it this way, "Whoever knows the right thing to do and fails to do it, for him it is sin." (ESV)

Those are the first two types of "sin." But the third type is what I want to focus on to help you better understand agreement sins. This is the one that is visited from one generation to another…

Iniquity - A sin of iniquity is a sin of perversion—it's a *twisting* (or perverting) of God's holy standards. From God's perspective, these are the worst types of sins because they are directly against him and what he has decreed as holy and sacred.

For example, sleeping with someone outside of marriage is a sin of transgression—you know the right thing to do but you rebel against it and do what you want to do. However, if the person you're sleeping with is the

same sex as you, now that becomes a sin of *iniquity*. It's a perversion of God's holy standard (sex is to be between a man and woman) and, therefore, a much more serious sin.

Other sins of iniquity we frequently see today are things like adultery (twisting God's holy standard of marriage), addictions, all forms of abuse, all forms of witchcraft, and more.

Anything that twists God's holy standard is an iniquity—an agreement sin—and is such a "big" sin that God visits the discipline for it to multiple generations down the line.

The term "generational curse" people talk about is often a spirit of discipline tied to a sin of iniquity that comes down through the generations. It may look like a pattern of sickness from generation to generation, or abusiveness, or addiction, or anything else. Whatever it looks like, you may start seeing it in your children, too. And it may continue down through the generations *until* that sin is repented of.

And as a reminder, just like with all spirits of discipline, it seems God allows them in your life *because* he loves you and wants to bring about repentance.

God wants that sin repented of. And once you repent of it (even if it was committed by a parent or grandparent), the discipline (the "curse") goes away. That's basically the "big idea" of our passage in Exodus.

To help you understand this a little more, think about it this way…

Let's say your mother owned a family heirloom she inherited from her father. When she dies and leaves it to you, that object now becomes *your* object through inheritance. Does that make sense?

This is similar to how a sin of iniquity works, except the person doesn't have to die for you to inherit it.

In simplistic terms, if your maternal grandfather commits a sin of iniquity, your mother "inherits" that sin as her own—that's why she receives a spirit of discipline for it. When you are born, it becomes *your* sin, too. Now, you're accountable for it because it passed down through the inheritance of your bloodline. And since you're accountable for it, that same spirit of discipline can torment you.

This is what God means in **Exodus 34:7** when he says, “I will visit the iniquity of the fathers to the third and fourth generation.”

But what does it mean to “visit” a sin on future generations?

Well, I’ve already alluded to it—it typically appears as a spirit of discipline in the form of torment that visits us down through our family generations. That’s the *basanizo* I mentioned earlier. Addictions coming down, divorce coming down, abuse coming down, sickness coming down, broken relationships coming down, early deaths coming down—we see these patterns, and they all have to do with iniquity.

Suffice it to say, even though someone else might have committed the sin, it now belongs to you from a “legal rights” perspective and opens you up to a spirit of discipline. The technical term for this is “imputed”—their action is *imputed* to you, and it is now counted as your action (cf. **Hebrews 7:9**).

On a more positive note, since it is imputed to you it belongs to you; therefore, *you* can “repent” of it and stop the discipline in both your life and the lives of your children.

However, to be more precise in how you stop the discipline, since this is an “agreement sin,” in addition to repenting of the sin you must also ***renounce*** the agreement that created the sin. And the Prayer of Freedom automatically guides you in doing that.

There are many ways people commit agreement sins. The root of all agreement sins is simply believing something contrary to God’s holy standard. Because you believe it, you agree with it. And because you agree with it, you act on it. When you do, it’s a perversion and twisting of his standard.

☐ Secret societies and secret oaths

There are many examples of agreement sins I could share—adultery, abortion, sexual perversion, worship of other gods, all forms of witchcraft (including Wicca and other forms of “white magic”), and more. But the common thread with all of these is they pervert and twist God’s holy standards.

However, there is one way people either “inherit” or commit agreement sins today that most people don’t really understand. That is by taking “secret” oaths as part of a secret society. This is especially true in the Western world where secret societies have been prominent for hundreds of years.

Because of the widespread presence of secret societies, plus the fact most people misunderstand the impact that some “secret” oaths can carry, I want to take a moment to talk about them.

For clarity, a “secret society” is any organization where members are required to take certain oaths of secrecy. Many secret societies are perceived as community-focused groups that do great projects to help others. As an example, several of the more prominent secret societies many people have heard of are *Freemasons*, *Eastern Star*, and *Shriners*. These, as with others, have a strong focus on Godly fellowship and giving back to their communities. And because of that, they have gained widespread respect.

I personally have several friends tied to Freemasonry, and they are fine men. For example, Jeff is a devout Christian. He has an intimate walk with God and is dedicated to guiding young men in God’s Word. And as a Freemason, many of his closest Christian friends are members of his lodge.

The “issue,” if I can call it that, with secret societies isn’t the members themselves. Instead, it’s that some of the oaths they are required to recite inadvertently create agreement sins.

A lot of times, those oaths may appear somewhat odd or even amusing. While going through one of the ceremonies you might think, “This is weird, but I’ll go along with it,” and recite an oath without thinking about what it really means. However, from a spiritual perspective, a single sentence within one of those oaths might be *significantly* contrary to God. And if you don’t fully understand what you’re agreeing to, you might do what Francis did in high school and, unknowingly, create an agreement sin that plagues you and your family for years to come.

Here’s a simple example…

In all secret societies, members commit to keeping oaths and passwords secret from the “outside world.” This initially seems reasonable. However, a

portion of the secrecy oaths usually involve agreeing to maintain that secrecy under the threat of extreme punishment like death or dismemberment.

For instance, some oaths may include the phrase, “I agree to keep these oaths and passwords secret under the penalty of having my throat slit, my chest cut open, and my beating heart ripped out.” Then, to emphasize it, they use hand motions of slitting their throat, or motions of ripping open their chest and pulling out their heart.

That’s a pretty gruesome oath, isn’t it?

Nevertheless, many members see it as childish and whimsical, especially in the context of “intrigue” during a mysterious ceremony, so they agree to it. Why? Because it’s a requirement for membership. After all, they don’t really mean it. There’s no harm in just repeating a few words, right?

Yet, God doesn’t see it that way. For him, it is sin.

Additional oaths usually require you to agree to things such as, “I enforce this commitment on my descendants and generations to come,” while other oaths may proclaim loyalty and devotion to “the Great Architect of the universe.” These might appear innocuous at first glance, but it’s the hidden implications that pose the danger. Swearing allegiance to “the Great Architect of the universe” might resemble a commitment to Almighty God as the universe’s creator. However, “the Great Architect of the universe” isn’t talking about God; it’s a title for Satan!

What’s more, by making oaths like these, you could inadvertently bind your descendants and future generations to whatever curses you agreed to.

It’s little nuances like these that make “secret” oaths so insidious.

Once again, I’m not judging or criticizing the *people* in these organizations. The concern is some of the oaths you are required to take unknowingly create agreement sins that can give spirits of discipline a right to torment you and your descendants.

And even if *you* aren’t involved in a secret society, because they have been so prevalent for hundreds of years, an ancestor such as a great-grandparent may have been involved. If they were and they took one of these oaths, you may not know anything about it. Even so, some of the

issues you are experiencing *today* may be tied to an oath they took a hundred years ago.

This is why I can't stress it enough: *any* "secret" oath can be dangerous. And if an ancestor *did* take some of these types of oaths that you know nothing about, don't worry, the Prayer of Freedom handles it automatically.

☐ Patterns of discipline

Discipline from agreement sins is usually easy to recognize, especially if it was something one of your ancestors did. All you have to do is look for patterns, either in your life or coming down through your family line. The pattern you're looking for is usually some form of destruction or illness. If you see this type of pattern, there's a good chance a spirit of discipline is behind it, tied to an agreement sin.

For example, addiction is a *big* pattern you'll see. When I work with people struggling with addictions, I'll ask them to raise their hands if their parents or grandparents struggled with addictions as well. And guess what —80% of them raise their hands! Addiction is often a spirit of discipline tied to an agreement sin. That means if you want to get rid of the addiction, you must first renounce the agreement.

But addiction is just one of many patterns you'll find. Other patterns may be abuse, divorce, anxiety, asthma, cancer, early death, suicide, and more. Doctors will typically say, "You are genetically *pre-disposed* to such-and such an issue," but they are only looking at it from a physical perspective. On a spiritual level, you'll often find the *true* source of the issue is an unrepented sin, and in this case, an agreement sin.

How do I know?

Because the Prayer of Freedom will often get rid of those issues. And if it *does*, it's because it was a spirit of discipline.

☐ My own battle with Agreement Sins—from 150 years ago!

I'm one of those people who had been plagued by a spirit of discipline from past agreement sins and never knew what was going on. But then, I began recognizing an unmistakable pattern in my life.

I started my business twenty-five years ago (from the time I'm writing this). When I first started my business, God blessed it and it grew extremely fast. But then, something happened. We hit a peak and my business collapsed. I grew it again, and it crashed again. For the next twenty-three years, I felt like I was on a roller coaster. My business would grow and make money, and then it would come crashing back down. One time was so bad I almost went bankrupt.

I knew I couldn't be *that* incompetent in business, but there was no other answer. It felt like someone was sabotaging everything I did. Then something happened to convince me that was *exactly* what was going on!

At the time, I was trying to grow my sales team. I needed only one more sales rep. And over a period of two years I hired *thirty* new sales reps —not all at once, but one at a time. And every time I'd hire a new rep, between two weeks before starting to two weeks after starting, a significant "issue" would come up in their life that would cause them to quit. So, I'd have to start all over again from scratch—interview more candidates, make another hiring decision, and hire another rep.

This *literally* happened for thirty salespeople in a row. And all thirty reps—100% of them—had a significant, personal issue happen right after I hired them… between two weeks of starting to two weeks after starting. And every single time, they quit!

I was desperate for help. I asked God to reveal what was going on and how to stop it. That's when he sent a friend named Barbara into my life. She was experienced in these types of issues and helped identify a spirit of discipline coming down my family line because of an agreement sin.

Through prayer, God not only revealed it was a spirit of discipline tied to an agreement sin, but that the agreement sin was the sin of slavery.

Over 150 years ago, my great-great-great-grandfather was a plantation owner with lots of slaves. Enslaving people against their will is an atrocious sin, so bad it's one of the few sins in the Old Testament punishable by death (**Exodus 21:16**). It was because of this sin that a spirit of discipline was coming down my family line and attacking me.

Also, since spirits of discipline usually operate in a similar nature as the sin which gave them their legal right, that is exactly what was happening in

my life. Slavery is a sin focused on economic gain; therefore, the discipline coming down was one of economic destruction. That's what I was experiencing.

Once Barbara helped me realize what it was and why it was happening to me, I repented of those sins, renounced the agreements tied to them, and asked God to remove the discipline from my life. When I did, everything changed!

For years, running my business had felt like I was navigating a ship in a raging storm, just trying to keep it afloat. Then, within about three months after praying the Prayer of Freedom, the storm ceased and the waters went calm. I went from high stress to no stress; from worrying about the business with no rest in sight, to breathing a sigh of relief with the ability to rest and move forward.

Recap

Before closing out this chapter, let's recap a few things…

First, activity sins are things you *do*, and to stop the discipline you **repent** of the sin.

Second, unholy soul ties are spiritual connections created between you and another person when sin is committed *between* the two of you, and to stop the discipline you **break** the soul tie.

Third, agreement sins are things you (or someone in your family line) *agreed to*, and to stop the discipline you **renounce** the agreement.

All three of these create "legal rights" for spirits to bring discipline into your life. That discipline is usually in the form of *basanizo*—physical suffering, mental suffering, or physical pain. But it can also manifest in other ways, such as abusiveness from someone else, addictions, constant failures in work or relationships, economic destruction (as happened with me), and more.

Regardless of the form of the discipline, God set up the spiritual laws that allow the discipline to happen for a reason—because he loves you and wants you to repent of your sin so you can conform more to his image and the image of his Son.

If you've been struggling with things that just don't make sense and you can't seem to get rid of them—fibromyalgia, arthritis, headaches, sickness, heaviness, rage, relationship failures, work or career failures, whatever it is—in almost every case, when you see a pattern that is chronic and doesn't stop, it is most likely a spirit of discipline. And that spirit of discipline is *always* tied to an unrepented sin.

If you have *multiple* issues occurring, it's almost certain you have *multiple* unrepented sins that are the root causes of what's going on.

And if you or a loved one is struggling with issues that are so prevalent today—such as extreme hatred, rage, sexual perversions, and other forms of evil—you'll find that the root of all these issues lies in an accumulation of deep, unrepented sin. Because of this, the Prayer of Freedom can be a powerful tool to help in these situations as well.

And while I'm on this subject, let me suggest something…

All of us, including our spouses and children, have struggles in our lives. Many are tied to unrepented sin; and often, we don't recognize it for what it is.

Because of that, I recommend giving your spouse and children their own copy of *The Prayer of Freedom* book. As you're about to see in Part 2, each book includes its own worksheets to use with the prayer. One is to make a list of unrepented sins for which you need to repent. The other is to track the results God brings to your life.

If each family member has their own copy, they can more easily do the worksheets and prayer. You can get copies by visiting any bookstore or by using the link at the top of each page: www.**ThePrayerOfFreedom.*com***.

If you get extra copies, would you also write a review for the book? The more reviews it has, the more websites promote it to people searching on similar topics and more people will be set free! Writing a review is easy: just answer the question, "what have I enjoyed about the book so far?"

Ready for a change?

If you struggle to believe all of this—if it sounds too good to be true or too simple to handle your problems—that's okay. Just don't let it stop you from doing the prayer. You don't have to believe it for God to bring

freedom to your life. You just have to repent. So, try it. You have nothing to lose… and a life of freedom to gain!

And to give you encouragement, I want to share the testimony and issue grid from Bernice. She was one of my students where I volunteer teach, and her results are encouraging to see.

The main thing I want you to see is how, after her first week, very little changed in her life. But by the fourth week, the problems she had been struggling with had almost completely melted away and she felt like a new person. And within a few more weeks of doing the Prayer of Freedom, I believe most everything on her list will have completely disappeared.

Here's her story, edited slightly for clarity…

Bernice’s story

“I had many unrepented sins and unholy soul ties from the time I was a child to today, everything from sexual abuse as a child to many others. And I’ve been suffering with all kinds of aches and pains in my body.

“Growing up, I had a big family. My mother and father were already divorced twice by the time I was three years old. She remarried, and my stepfather had five children and my mother had five. Then, by the time I was twelve they adopted my sister’s baby, so my mother had her hands full.

“It was at that time I was sexually abused by the youth minister at the church we belonged to, and my parents began verbally abusing me, too. I thought I deserved everything I got and how I was being treated. It was also at this time that I started to trade my body for drugs, and pornography started to become a big part of my life, too.

“Since then, I’ve been diagnosed with two types of bipolar disorder, PTSD, depression, anxiety, and lots of medical issues including COPD and neuropathy.

“I’ve had three strokes, RLS, and blocked arteries three times in my left foot. I’ve also attempted suicide and almost succeeded. I was a full blown alcoholic, then started smoking ice, then moved on to crack cocaine.

“My life has been in a downward spiral for a very long time. That’s where I was when you shared the Prayer of Freedom with me.

“When I started doing the prayers, I didn’t feel much of a difference in anything.

“But then, as the days and weeks passed, I could feel things starting to change. The thoughts in my head were more of God, and a soothing peace of mind started to flood over me.

“I’m still working on some of these, but for the most part I feel completely different. I feel so much lighter, like a *brand new* person!

“Thank you, Mr. Carmichael, for teaching me this method.”

While her story shares a lot of what’s been going on in her life, when you look at her issue grid (similar to what you’ll find in Chapter 11) you’ll see how much she had been dealing with. You’ll also see how powerful the Prayer of Freedom has been in melting it all away!

Turn the page now to review it.

OceanofPDF.com

Issue	Scale of 0-10, with 10 = worse		
	BEFORE the Prayer	AFTER 1 Week	AFTER 4 Weeks
Heaviness (feels like you are carrying around a heavy backpack every day)	10	8	2
Darkness (seems like your mind or life is dark)	10	↓	2
Mental torments (list below, such as depression, anxiety, voices in head, etc)	10		2
bypolar-type 1 and 2	10	9	2
depression	10		3
anxiety	10		3
Voiceces in my head	10		3
Mom and Dad / Youth Min	10		3
Pain or Stiffness (list below what type of pain or stiffness, such as back pain, chest pain, stiff left knee, etc)	10	↓	3
Blockarteries in my fac	10		3
arthuritis in both hips	10	9	3
knee pain	10		2
Back pain	10		3
restless leg	10	↓	
Sicknesses / Illnesses (list below what type, such as asthma, allergies, bipolar, etc)	10		3
bipolar	10	9	4
COPD	10	9	4
Neuropathy	10	↓	3
RLS	10	↓	2
Addiction (list below any addictions you suffer with, such as drugs, alcohol, pornography, etc)	Rate the level of your urges		
drugs	0	6	0
pornography	10	8	0
Cigarettes	10	10	10

Bernice's issue grid

OceanofPDF.com

Hopefully, your life hasn't been as difficult as Bernice's. Her life is an extreme example and she's had lots of problems to deal with. But the good news is: if the Prayer of Freedom can free her from *her* problems, it can free you from *yours*, too!

If you are ready for a change—ready to get free of whatever issues are in your life—then the time has come. Take the next step and start the Prayer of Freedom process for yourself.

In Part 2, we'll start looking at the Prayer of Freedom and how to apply it. And not only how to do it for yourself, but how you can pray it on behalf of your children, spouse, and even parents, to help set them free.

So, if you (or a child, spouse, or parent) suffer with health issues, relationship conflicts, emotional pain, psychological trauma, addictions, or any other life challenge, there may be a root of unrepented sin at its core. And if there is, freedom *is* possible!

Let's begin…

OceanofPDF.com

OceanofPDF.com

PART 2 FIELD MANUAL

OceanofPDF.com

Stepping Into Freedom

The best place to begin stepping into freedom is with the Simplified Prayer below. It's a short, high-impact way to invite God to start clearing away spiritual clutter and move you toward deeper freedom. When you're ready, pray the following out loud.

☐ ***Simplified Prayer*** ☐

(pray out loud)

"God, I repent of my sins. I want freedom from (list any issues you want freedom from) and I ask you to help me. Please remind me of any sin I need to repent of or person I need to forgive to set me free.

Unforgiveness: "I repent of unforgiveness, for I know that it is a sin. I therefore choose to forgive, release all judgments against, and break all unholy soul ties with the following people: (list their names).

Sexual sin (*any sexual activity outside of marriage*): "I repent of my sexual sins with the following people, I break all unholy blood contracts with each one, and I renounce and break all unholy soul ties with them, including: (list their names). I break all unholy soul ties with their sexual partners and all my other sexual partners I may not recall. I also break all unholy soul ties with any who encouraged me to engage in these sexual activities, including: (list their names).

Occult (*Quija board, séance, etc*)**:** "I repent of and renounce all occult activity I have engaged in, including (list any occult activity), and I break all unholy soul ties with those who encouraged me to do those activities, including (list their names).

Other sins: "I also repent of (list any other sins God reminds you of), and I break all unholy soul ties with (list anyone's name you did those sins with).

"And now, in the authority of God, I command every unholy spirit to leave me immediately. I declare you have no further right to me, and I command

you to go *now*, in God's name, and go where God tells you to go.

"I also speak to the spirit of (name your issue, for example "back pain") and I command you to go as well. Go now, in God's name. (*repeat for every issue*)

"God, I now ask that you enforce my freedom. I ask that you remove all unholy spirits from my life right now and set me free. Amen!"

If you just prayed that and felt a shift—peace, lightness, even tears—that's a sign that something in the spiritual realm is starting to break. If you didn't feel anything, that's okay too— many people don't at first. The full prayer process ahead goes much deeper. Either way, you've taken an important step.

With that said, if you came here from Chapter 1 and you're ready to keep learning, return to Chapter 2 now. But if you started your journey here in Part 2, simply continue to go deeper into the full Prayer of Freedom.

OceanofPDF.com

Download our mobile app

We've created an interactive mobile app for use with the next section. It will help you more effectively gain freedom from your challenges. Scan the QR code (or enter the URL) to get the free app now.

http://App.TPOF.com

OceanofPDF.com

CHAPTER 11
The first steps to breaking free

Now, let's talk about the Prayer of Freedom. In just a moment, I'm going to share it with you and teach you how to use it. Before I do, though, you need to understand that it is most effective (but not required) when you have personally entrusted yourself to Jesus and His renewing work. Scripture calls this becoming a "new creation" in Christ—turning from sin and trusting Him to save and transform us.

That means you've confessed being a sinner and believe in Christ Jesus for salvation. This isn't about religion—it's about relationship. Believing in Jesus doesn't mean you have to join a religion or follow a set of rules. It simply means you're choosing to trust the one who came to set you free.

In case you don't know much about who Jesus is, let me share what the Bible tells us about him.

In simple terms, the Bible tells us that all of us have sinned and fall short of God's glory. That's what I meant earlier when I said, "sin breaks the relationship with God" and "sin breaks the image of God."

However, because God loves us beyond measure, and because we can never fully pay the penalty for our sin, God sent His Son, Jesus, to pay it in our place. Instead of spending our lives trying to perfect ourselves or ascend to a higher state of love, Jesus does for us what our own discipline and striving could never achieve. He gives us the transformation we could never earn.

Here's how the Bible says it in **John 3:16–17** (paraphrased): "God loved us so much that He gave His only Son, Jesus, so that whoever believes in Him will not perish but have eternal life. For God did not send His Son into the world to condemn us for our sins, but to save us through Him."

That happened about 2,000 years ago. Jesus was a person just like you and me except for two things: he was completely sinless, and he was fully God.

Jesus even tells us why he came in **Luke 4:18** (paraphrased). He said it was “to proclaim good news to the poor, to proclaim freedom for the prisoners, recovery of sight for the blind, and to set the oppressed free.” In other words, everything I’ve been sharing about.

How did Jesus do that?

He lived a perfect life, never sinning even one time. Then, he was crucified on a cross (a Roman method of execution) and died. **God used his death—the death of God’s sinless Son—as a sacrifice to pay the penalty for our sins in our place**. The Bible says he “bore our sins in his body on the cross, so that we might die to sin and live for righteousness.” (**1 Peter 2:24**, NIV)

After he died, he was buried. Then, three days later he came back to life and rose from the grave, proving that death had no power over him and showing that he has the power to free us from eternal death, too. Today, he sits in heaven with God.

Jesus did all of that for you and me—to pay the penalty for our sins so we no longer carry the burden of completing the spiritual journey by our own strength. God offers this gift freely, but we only receive what Jesus accomplished when we trust in Him and His sacrifice on our behalf.

The Bible says, “Believe in the Lord Jesus and you shall be saved” (Acts 16:31, paraphrased).

In this context, “saved” means being rescued from the endless effort of trying to purify yourself, elevate your inner state, or reach peace through your own strength. Instead, God gives the peace and eternal life we could never earn, as a gift through Jesus.

Again, this isn’t about joining a religion. It’s about making a personal choice to enter into a relationship with the one who gave his life for you.

So, if you have never made a personal commitment to Jesus by confessing you are a sinner and believing in him to receive salvation, and you would like to be that “new creation” in Christ Jesus, then all you have to do is pray a simple prayer like this…

“Jesus, I confess I’m a sinner. I repent of my sins. Please forgive me. I want your freedom and new life. Please come into my life right now. I surrender it to you and choose to follow you as my Lord. Amen.”

That’s it—just a simple, heartfelt prayer. But it’s not the words of the prayer that make it work, it’s your commitment expressed through those words.

If you prayed that prayer sincerely and opened your heart to Jesus, Scripture teaches that He begins a work of making you a “new creation” in Him. And if you did, you probably feel a tremendous sense of peace and joy flooding over you right now. That peace and joy is God’s Holy Spirit coming upon you and starting to change your life.

So, welcome to a new relationship with your Creator!

Now, let’s talk about the Prayer of Freedom. There are a few more things to understand before I share the prayer itself…

How fast will this work?

People often ask, “How fast will the Prayer of Freedom work?” My response is always, “It depends.”

I’ve seen some get freedom from their issues in one day. For others, it may take a week, a month, or possibly longer, depending on what’s going on.

What I’ve learned with this process is if your issues are rooted in unrepented sin, then once you repent of those sins and ask God to remove the spirits of discipline, they will leave. That’s why my biggest encouragement to you when going through this process is to be persistent, patient, and give it time.

Making the Prayer of Freedom work for YOU

While I don’t fully understand why some issues take longer than others to disappear, my guess is it has something to do with three keys that make the Prayer of Freedom work. If you do these properly, it will work more effectively for you.

First, pray the Prayer of Freedom *aloud*. Spirits of discipline need to know you've repented of the sins giving them legal access to you. Since they can't hear your thoughts, speaking aloud lets them hear your voice. You don't need to speak loudly—spirits hear well, so a soft whisper is sufficient.

Second, you must engage the Prayer of Freedom with a heart of repentance and faith. If you truly repent and pray in faith, the prayer will work. Simply reading the words but it’s not from your heart it won’t bring results. It’s not the words themselves, but the attitude of your heart, guided by the words, that makes it effective. When repentance and faith are present, the Prayer of Freedom will work for you.

Third, you must repent of the specific sins that give spirits of discipline a legal right to you. If you miss the sins for which you are being disciplined, the discipline won’t go away. So be thorough when making your lists.

Instructions on using our app

If you downloaded our mobile app at the beginning of this chapter, I now want to share how to use it.

From this point forward, I’ll periodically reference specific training videos on the app to provide greater clarity and instructions on certain topics.

Anytime you see our app’s logo and video title (see example below), if you want to learn more on that topic, pause for a moment, head over to our app, select “*The Prayer of Freedom*” button on the home page, then watch the specific training being referenced.

[*video description here*]

Spiritual opposition

Once you start the Prayer of Freedom process, it’s not uncommon for all kinds of issues to pop up in your life.

If this happens, what’s going on is the unholy spirits tormenting you don’t want to leave. So, they create all kinds of problems to distract you from going through this process. I don't want to scare you, but I want you to be aware. As you start going through this process, if “all hell breaks loose” in your life, it means you’re on the right track and about to get free! So be encouraged, stay strong and don't get distracted.

Watch this training lesson to learn more.

Chapter 11: Spiritual opposition when doing the prayers

The structure of the prayer process

The structure of the prayer has been carefully designed for specific reasons. It’s the combination of each prayer and the number of times you pray it that makes the process most effective in setting you free.

Sometimes, people try to shortcut the process by skipping certain prayer sections or praying them fewer times than recommended. In my experience, when you skip steps, you often miss out on the full results.

And for Christians who may feel uneasy about repetition in prayer, this part may feel different from what you’re used to. I understand those concerns, and that’s why I encourage you to watch a short teaching before moving forward. It will give you the biblical context behind the structure, explain *why and how* repetition plays a key role in the process, and help things make more sense to you. Here’s the video:

Chapter 11: Why the prayer is structured as it is

Instructions

We’re almost there! Before you start praying the Prayer of Freedom, I encourage you to make a list of all the issues in your life and rate each one on an intensity scale of 0 to 10 (10 being the highest). Then, after completing the Prayer of Freedom, review your list and re-rate the intensity of each item. This will be a great encouragement to you as you see what God does in your life. I have included a grid on the next page for you to make your list.

And because agreement sins from your life (or those of your ancestors) may also be impacting your children, I have included a second grid to complete on their behalf as well. This will help you measure the overflow impact the Prayer of Freedom has on *their* lives when those agreement sins are renounced.

Once you complete the following issue grids, then continue to the next chapter and begin the Prayer of Freedom.

OceanofPDF.com

Issue grid for YOU

Before you began this book, you likely had a number of struggles—such as depression, addiction, anxiety, anger, relationship conflicts, pain, etc. Even though many issues may have already cleared after praying the Simplified Prayer in Chapter One, list everything you've dealt with, and their intensity level, before starting this book. After completing Prayer #2 sessions, re-rate the items. Then again after Prayer #3 sessions. This will show you what God has done and encourage others you share it with.

Scale 0 to 10 (10 = highest)

Issue	Before Praying	After 3 days Prayer 2	After 30 days Prayer 3

Issue grid for your CHILDREN

Make a list of everything your children struggle with, including behavior issues, and rate each one. This grid will help you see the impact to their lives when you remove generational sins from your life with the Prayer of Freedom. For example, one woman I worked with had two daughters who suffered with severe asthma. After finishing the Prayer of Freedom, their asthma instantly disappeared—it was a generational torment tied to their mother's sin.

Scale 0 to 10 (10 = highest)

Child's Name and Issue	Before Praying	After 3 days Prayer 2	After 30 days Prayer 3

OceanofPDF.com

CHAPTER 12
Prayer of Freedom

Now it's time to start! Begin by working through the **List Preparation Guide** below, then immediately following it is the Prayer of Freedom that sets you free.

The List Preparation Guide is a step-by-step process that walks you through various categories where you might have unrepented sins. It's like a "memory jogger" to help you remember sins you may have forgotten about over time.

Additionally, as you create your lists, do it in partnership with God, asking him to remind you of everything you need to repent of to be set free. Since he wants you free, trust him to reveal the sins you need to write down.

List Preparation Guide

(list unrepented sins by category)

The key to being set free starts with thoroughly and accurately completing each category in the List Preparation Guide. **This is the most important step in the entire process** because anything left off your list will not be addressed in the prayer—and may continue to torment you. So, take your time and be thorough.

To help, I've recorded short teaching sessions in our app for each category in the list. These brief videos explain what each category means and what types of things to include. I highly recommend watching the training for each item so you fully understand its spiritual impact and know what to include on your list.

As you work through each category, use the following two prayers:

☐ Beginning Prayer ☐
Pray *before* making your lists, and pray out loud (this invites God to guide you and blocks spiritual interference as you begin making your lists)

"*Lord, I ask you to remind me of every sin and person I need to include on my lists to be set free. And in Jesus' name, I bind every unholy spirit and command you down. And during the entire time I am making my lists and doing the prayers, I forbid any of you, in Jesus's name, to manifest, distract, confuse, or in any other way attempt to prevent me from doing either, and I declare all your works against me to be ineffective.*"

☐ Ending Prayer ☐
Pray *after* completing each category list (this ensures nothing important is missed before moving on to the next category)

"*Lord, I have now completed this list in full. If there is anything or anyone else I need to add, please bring it to my mind now*."

(then wait two or three minutes. If God brings something or someone to your attention, add it to your list. Before moving on to the next category, **repeat this prayer** and wait again until nothing else comes to mind. This is a crucial step to get the best results—so don't rush it.)

Create your lists in the spaces provided in this book. If you run out of space, use the blank pages at the end of the book as "overflow" pages. If you overflow to them, be sure to **number and label your lists** with the same number and labels as below. The Prayer of Freedom references different lists to pray through at different times, so having your lists numbered and labeled properly will make it much easier to do.

Grab a pen and work through each list carefully, one at a time. After you complete each list, take a moment to pray the **Ending Prayer** above before moving on to the next. That prayer is *crucial*—it invites God to bring to mind anything you may have missed. And remember: **the Prayer of Freedom is only as effective as your lists are thorough**. If you truly want to be set free, don't rush. Give God space to reveal every unrepented sin

that needs to be dealt with. Once you've completed all your lists and feel confident they are as complete as possible, you're ready to move forward and begin praying through the Prayer of Freedom that follows.

#1 Parent Relationship

Our early childhood experiences dramatically shape our life as we grow up. For example, if a parent or grandparent abused or abandoned you as a child, it feels as if *God* abused or abandoned you. This can lead to bitterness towards God. Even if you had a "great" childhood but had to assume adult responsibilities due to a parent's absence—whether through abandonment, divorce, death, military deployment, or chronic illness—this, too, can impact your life today. Both parental actions and life circumstances can unconsciously create wounds that foster unforgiveness towards parents, paving the way for considerable torment in life.

List Prep #1: Parent-child relationship

Action Item: create a separate list for *each* parent (one for father, one for mother, and one for grandparent). List all issues, events, traumas, abuse, rejection or actions that involved you, either directly or indirectly. These could include: "abandonment due to prolonged illness" (where you had to shoulder their responsibilities), "arguments and alcohol drinking," or any negative actions that led you to make internal vows against being like them (ex. "I will not drink like my mother"), and so on. To help identify all issues, think through each age group of childhood separately—(**1**) less than 5 years old, (**2**) between 5 and 7 years old, (**3**) between 8 and 13 years old, (**4**) above 13 years old—and list all things that come to mind.

Father:

_____

_____

_____

_____

_____

_____

Mother:

_____

_____

_____

_____

_____

_____

Grandparent:

_____

_____

_____

_____

#2 Unforgiveness

Unforgiveness often leads to significant torment in people's lives. Forgiveness is a choice rather than an emotion. It involves *choosing* to forgive someone who has harmed you. Forgiveness does not require you to reconcile with that person nor allow that person back into your life. It is a one-sided action that *you* do. Forgiveness does not mean you agree with what that person did to you. It merely means you release your judgment against that person and free them from your heart so *you* can be freed from *basanizo* torment. Watch the training to learn how to more easily forgive.

List Prep #2: Unforgiveness and how to forgive

Action Item: make a list of everyone who has hurt you—either directly against you or indirectly against a loved one—whether they are still living or dead (include yourself if you have unforgiveness toward yourself), then list every hurt they did to you.

_____

_____

_____

_____

_____

_____

#3 Sexual Sin

Sexual sin is *any* sexual act you do outside of marriage.

List Prep #3: Sexual sin

Action Item: make a list of **(1)** everyone with whom you have engaged in *any* sexual activity outside of marriage—including if you had sexual activity with your spouse before you married, or any sex with animals (bestiality); and **(2)** any other person who may have encouraged you to do that activity (such as a friend urging you to "do it"). If you do not remember their name, simply write a brief description (ex. "the guy with the blue hat" or "the girl at the pool party").

_____

_____

_____

_____

_____

_____

#4 Generational Sins

In the Old Testament, God states he will visit the iniquities of fathers and mothers upon the third and fourth generations. Iniquities are grave sins that are passed down through the bloodline, meaning you inherit them from your parents. They act as open doors for tormenting spirits to attack you and are sometimes referred to as "generational curses." These sins frequently create recurring issues coming down your ancestral lineage. Examples of generational sins (and the torment that visits future generations) include **abortion, abuse, addiction, adultery, anger, anxiety, divorce, murder, suicide, rage, violence,** and more. Ancestral involvement in practices like **witchcraft, secret societies, occult, divination, or slavery** also create generational sins. Another increasingly prevalent form of generational sin is "unclean conception" (you or an ancestor being conceived by sex outside of the marriage through fornication, rape, etc).

List Prep #4-5: Generational sin, Occult / New Age

Action Item: make a list of every generational sin you are aware of in your ancestry (including if you or an ancestor had an "unclean conception"), any patterns of sin you see coming down through the generations, and any occult-type sin (see list in #5 below) you know of.

_____

_____

_____

_____

_____

#5 Occult

Engaging in occult activities can give tormenting spirits a legal right to your life. Jesus says in **John 10:1–2**, "Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber. But he who enters by the door is the shepherd of the sheep." In this passage—and again in **John 10:9**—Jesus identifies himself as the door. He is the only true and safe way into the spiritual realm. Any attempt to enter by another route—accessing spiritual experiences or power apart from Christ—is a counterfeit path. And Jesus warns that those who come that way are aligned with thieves and robbers—the same evil spirits who "come to steal, kill, and destroy" (**John 10:10**).

God created us to interact with the spiritual realm, but it must always be done through the doorway of Christ. *Any* spiritual practice that seeks access, guidance, power, or connection apart from Him—no matter what name it goes by—falls under the category of the occult. Some practices look harmless, even helpful, but when they bypass Christ they can quietly open doors to torment. This is why two people may appear to be doing the same kind of spiritual practice, yet one is acting through Christ while another is engaging the spiritual realm apart from Him. The difference is not the vocabulary—it is the doorway.

Most of the items in the list below are clearly occult in nature, while others may depend on whether they involved seeking spiritual access apart from Christ. If something doesn't seem to match your experience, simply ask God whether that activity was a form of spiritual access outside of Christ. If He confirms that it was, include it in your repentance list. And remember this simple principle: *when in doubt, repent*. If the practice was never a sin, repentance costs nothing. But if it opened a door, repentance may be the very thing that closes it and sets you free. The following is a sample list to help you identify those areas.

□ **Spirit contact**—Ouija boards, séances, mediums, spirit guides, ancestor worship; □ **Divination practices**—palm reading, tarot cards, psychic readings, astrology, horoscopes, numerology, roots or tea leaves, pendulums or dowsing rods, water divining, Akashic records readings, other forms of

divination or fortune-telling, or seeking unknown knowledge or guidance from the Universe, the collective consciousness, or similar spiritual sources; ◻ **Witchcraft related**—witchcraft, Wicca/white magic, Santería; ◻ **Healing and manifestation practices**—crystals for healing or energy work, certain types of new age healing, burning sage, vision boards (used with manifestation or "law of attraction" intent); ◻ **Objects**—dream catchers, spirit dolls or statues, evil eye charms or amulets for protection; ◻ **Spiritual manipulation or superstition**—levitation, hypnosis, superstition; ◻ **Physical practices**—yoga*, martial arts with religious or spiritual teaching; ◻ **Occult-themed games and media**—any occult-based games (such as Dungeons and Dragons, Magic: The Gathering, Pokémon), or entertainment that glorifies dark supernatural powers or witchcraft (such as books, comic books, movies, and series like Harry Potter and others); ◻ **Satanic influence**—singing along to or participating in music that praises or honors Satan. All of these can be open doors to spiritual torment.

> ** There are mysteries in the spiritual realm that can open doorways into the occult realm and should be avoided. The danger with yoga is certain positions and meditations can open wrong doors and create legal rights against you.*

List Prep #4-5: Generational sin, Occult / New Age

Action Item: make a list of **(1)** every type of occult activity you have participated in, *even* if you only did it one time for just a minute or two, **(2)** the *first* person who introduced you to each activity, and **(3)** every subsequent person who encouraged you to do the activity (if you don't remember their names, identify with a description such as "guy in the blue hat").

_____

_____

_____

#6 Word Curses

Word curses are statements spoken over you that haunt you, such as “you’ll never succeed,” “you’ll always be an addict,” or “you’ll never have a fulfilling relationship.” These statements have either come true or you fear will come true. They can be spoken about you by others or even by yourself. Once you *believe* a word curse, you give agreement to it. And that gives a tormenting spirit the legal right to fulfill that agreement.

List Prep #6-7: Word curses,
Covenants / Vows

Action Item: make a list of **(1)** every word curse spoken over you and **(2)** who spoke them to you (include those you have spoken over yourself).

_____

_____

_____

_____

_____

#7 Covenants and Vows

Covenants and vows are solemn commitments you make to others. If you break a covenant or vow, it may allow a spirit of torment into your life.

List Prep #6-7: Word curses,
Covenants / Vows

Action Item: list **(1)** all covenants/vows you have broken (ex: bankruptcy, divorce, vows to God, disability (claiming you are disabled when you aren’t), etc) and **(2)** any person who may have encouraged you to break them.

_____

_____

_____

#8 Idolatry

Idolatry occurs when something takes priority over God in your life. It often involves being overly obsessed with certain things such as a child's sports activity, a special car, your job or career; being consumed by greed or envy; and other types of activities such as worshipping saints, worshipping gods of other religions, or even offering food or other items at any of their altars, shrines, or holy sites.

List Prep #8-10: Idolatry, Pride, Abuse / Trauma

Action Item: make a list of **(1)** all possible forms of idolatry you may have committed *at any time* in your life (even early childhood) and **(2)** anyone who may have encouraged you to do what you did, especially the *first* time you did it. Ask God to reveal what, if any, actions you have done in the past that may be considered idolatry.

_____

_____

_____

#9 Pride

Pride is the feeling of superiority and haughtiness when you believe yourself to be better than others in a particular characteristic or area of expertise.

List Prep #8-10: Idolatry, Pride, Abuse / Trauma

Action Item: make a list of all things for which you are prideful (ex: if you feel you have a better marriage than others, a better ministry, a better

profession, good looks).

_____

_____

_____

#10 Abuse and Trauma

Experiencing abuse, rape, abortion, a car accident, or any other traumatic event can potentially create open doors for tormenting spirits. Abuse, for instance, can lead to emotional wounds (unforgiveness) and unholy soul ties with the abuser. Abortion can create grief and generate unholy soul ties with the aborted baby, the abortion doctor, and those who influenced you to abort your child. Witnessing a car accident or traumatic event can instill intense fear, allowing a spirit of fear to enter and perpetuate ongoing fearfulness and even PTSD.

List Prep #8-10: Idolatry, Pride, Abuse / Trauma

Action Item: make a list of **(1)** all abuse and traumatic events (either personal or observed), **(2)** any sinful emotions or responses that occurred because of each event, and **(3)** each person directly involved (if applicable) with those events.

_____

_____

_____

_____

_____

#11 Addictions

Addictions—such as drugs, alcohol, smoking pornography, and sex—are sins that can open doors for unholy spirits to intensify and increase that

same behavior. Often, spirits of addiction originally enter through unholy soul ties between you and the *first* person who introduced you to that activity. For example, if you have a drug addiction, there may be an unholy soul tie with the first person who got you to taking drugs (even prescription drugs such as for ADHD). Often, it's prescription drugs early in life that may eventually lead towards doing illegal drugs (this could be a first grade teacher who suggested you had ADHD, the physician who prescribed ADHD medication, and your mother who forced you to take the medication). Or it could be a friend who encouraged you to try a certain drug, and you got addicted. If you have a smoking addiction, it may be the first person who taught you to smoke and gave you your first pack of cigarettes. In other words, *all* people involved with your *initial* encounters that ultimately led to an addiction are crucial to include in this list.

List Prep #11-12: Addictions,
Other religions

Action Item: make a list of: **(1)** all addictions, **(2)** for each one, the *first* time you engaged in it and the person who persuaded, invited, or influenced you toward it, **(3)** anyone you have ever bought supplies from (ex. who you got drugs from), and **(4)** anyone you have done those addictions with (ex. who you partied with). If you have suffered with addictions for a long time, your list may be extensive. If you do not recall specific names, describe the individuals (ex. "guy with the blue hat"). If you don't remember *everyone*, ask God to remind you of those you need to list in order to remove the legal rights from the tormenting spirits.

_____

_____

_____

#12 Other Religions

(Note: this is similar to #8 Idolatry but is included here to capture anything not included in that section, especially generational activity) Engaging in worship or acts of honoring, praying to, or worshipping gods of other

religions can create open doors for torment. Worship means engaging in *any* activity, however small you may feel it was. This could include placing food on an idol as part of your childhood culture, as part of honoring your parents' religious practices when visiting them, or even as part of a cultural act when touring a foreign land.

List Prep #11-12: Addictions,
Other religions

Action Item: make a list of any religions you, your parents, or your ancestors have engaged in, regardless of how minor or insignificant you feel the involvement may have been. List the **(1)** person (you or an ancestor), **(2)** religion, and **(3)** any spirit names, if known. If God places something in your mind that seems unlikely, write it down. If you're wrong, it won't hurt to repent of it. If you're right, it might help set you free.

_____

_____

_____

#13 Judgments

A judgment is a bad or negative thought you speak against someone else. All judgments are sins and, therefore, create legal rights for tormenting spirits. For example, if you tell a friend, "Stay away from John; he's an idiot," that would be a judgment. Judgments are often tied to people who have hurt you in some way, whether you have forgiven them or not.

List Prep #13-14: Judgments,
Other sins

Action Item: list of all people you've had bad thoughts towards and have possibly spoken out against them.

_____

_____

_____

_____

#14 Other Sins

"Other sins" are any other sins God brings to mind that do not fit into the previous categories. For instance, if you had a health issue where you felt God directing you against a certain treatment but you did that treatment anyway, that would be considered a sin. Or, since your body is the temple of God, if you consistently eat unhealthy foods or participate in unhealthy activities, these may be sin. Or, if you have had an abortion, performed an abortion, or encouraged someone else to get an abortion, that, too, is sin. Or, if resentment towards God has crept into your heart due to certain issues in your life, that would also be a sin.

List Prep #13-14: Judgments, Other sins

Action Item: make a list of any additional sins you have not placed on a list yet, including anything God reveals you may be doing to your body that is not healthy, entertainment you engage in God prompts you to stop (books, music, movies), dishonoring your father or mother in any way (Ten Commandments #5), or anything else you've done that he brings to mind.

_____

_____

_____

_____

#15 Agreement Sins

(Note: this is similar to #4 Generational Sins but is included here to capture certain types of sins that require a special process to break) For purposes of this section, an "agreement sin" refers to you or an ancestor agreeing to

oaths, rituals, or any other type of agreement that is contrary to God. This often occurs both with groups that use secret oaths (such as Shriners, Freemasons, Eastern Star, and even the Mormon Church's "penalty" oath prior to 1990), and with occult practices such as witchcraft, Wicca, any form of divination (tarot cards, palm reading, use of water or mineral divining rods, etc), or Luciferian organizations. Any occult activity you or an ancestor have participated in (see list in "List #5 Occult" description above) is usually tied to an agreement sin.

List Prep #15-17: Agreement sins, Additional sins, Influencers

Action Item: make a list of **(1)** any secret oath groups you, a parent, or any ancestor may have participated in; list the person and the group if known; **(2)** any occult activity either you, or an ancestor, have participated in, *even* if you have already listed it in another list; list the person and the occult practice if known; and **(3)** any other type of agreement or iniquity sins you are aware of from any ancestor, *even* if you have already listed it in another list (slavery, murder [including abortion], adultery, etc.).

_____

_____

_____

#16 Additional Sins and Issues

While many people have committed some of the sins listed below at one point in their life, the purpose of this list is to identify sins or issues that are **consistently present** in your life. Anytime a sin or issue is *consistently* present, it may be an indication that an unholy spirit is involved.

List Prep #15-17: Agreement sins, Additional sins, Influencers

Action Item: mark each item below that you struggle with as a "***strong urge***" whenever it appears.

(The following list is © Above and Beyond Christian Counseling. Visit them at AandBCounseling.com).

HAUGHTY

Pride / Vanity
Perfection
Accusation / Scorn
Judgmental
/ Condemning
Self-Judgmental
/ Self-Condemning
Competition
Mockery
Stubbornness
Selfishness
Gossip
Boastful
Self-righteousness
/ Embarrassment
/ Humiliation
Sarcasm
Critical

DEAF & DUMB

Mental Illness
/ Insanity
Double Mindedness
Seizures / Epilepsy
Mind binding
Stupor

SLUMBER

Isolation / Anti-social
Sleepiness / Laziness
Forgetfulness

Stupidity
Daydreaming
/ Trances
Apathy / Indifference
Confusion

HEAVINESS
Misery / Dread
Rejection
/ Self-rejection
Despair
/ Hopelessness
Grief
Fatigue / Weariness
Guilt / Shame
Self-pity
Loneliness
Depression
/ Manic Depression
Suicide / Death

FEAR
Insecurity
/ Inadequacy
/ Inferiority
Timidity
Worry / Anxiety
Fear of Death
Cowardice / Cowering
Hiding / Escaping
Fear of Authority
/ Speaking
Fear of Being Abused
Terror / Torment
Nightmares
Panic Attacks

Phobias (_____)
Nervousness
/ Hyperactivity
Unrest
Abandonment
Fear of Future
/ Failure
Little girl / boy
personality spirits

JEALOUSY
Impatience
/ Frustration
Bitterness / Negativity / Blaming
Strife / Division
/ Conflict
Envy / Covetousness
Control / Manipulation
Revenge / Retaliation
Suspicion
Anger / Rage
Hatred / Self-hatred
Cruelty
Murder / Violence
Murmuring
/ Complaining
Profanity

LYING
Exaggeration / Drama
Hypocrisy Religious
/ Legalism
/ Tradition
Word Twisting
Theft

ANTI-CHRIST

Doubt & Unbelief
Rebellion
Humanism
/ Intellectualism
Self-help
Self-exaltation

WHOREDOM

Worldliness
Idolatry
Fornication
Adultery

PERVERSION

Lust
Homosexuality
/ Lesbianism
Gender Dysphoria
Prostitution
/ Masturbation
Sodomy
Bestiality
Molestation / Incest
Exhibitionism
Pornography
Seducing Spirit
Fantasy Spirits
Incubus / Succubus
Sensual Thoughts
Other_____

POVERTY

BONDAGE

Hindering
/ Distraction
/ Greed / Hoarding
Gluttony

Slavery / Emotional Weakness
Addiction (_____)
Other (_____)

#17 Influencers

An influencer is the person who *first* influenced you to commit a specific sin. From a freedom standpoint, identifying the first person who influenced you to commit that sin is usually the key to being set free because the tormenting spirit's legal right is usually an unholy soul tie with that person.

List Prep #15-17: Agreement sins, Additional sins, Influencers

Action Item: For *each* item you marked in List #16 above, list the person who influenced you to commit that sin the *first* time (for example, if you are addicted to smoking, list the person who first taught you to smoke; if you "blow up" in anger, list the person who first caused you to "blow up" in anger" (even if it was in early childhood); if you suffer with night terrors, list the person who either greatly scared you the first time or who encouraged you to do an activity when you first remember being scared; if you feel shame, list the person who greatly shamed or embarrassed you the first time; if you struggle with homosexuality or lesbianism, list the first person who molested you of your same sex or the first person who encouraged you to touch another person of the same sex, etc). List both **(1)** the **item** from List #16 and **(2)** the ***first* person** who influenced you to do it. If you had been freed from a problem (ex. smoking addiction) that later returned, list the person who influenced you to re-engage in that activity.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

#18 Infirmity

Infirmity is any form of sickness, disease, or ailment you suffer with. Infirmities could be things such as: a **family illness** that one of your parents had and now you also have it, **premature death in your family, arthritis, allergies, asthma, cancer, heart disease,** any form of **chronic pain, circulatory/vascular issues, infertility, any type of "disorder," any type of "syndrome," or anything else.** While infirmities are not sins, they may result from sin. The purpose of listing infirmities is to ask God to remove those specific issues from you.

Action Item: make a list of any infirmities you have and any infirmities you see as patterns in your family line that could eventually come to you or your children.

_____

_____

_____

_____

OceanofPDF.com

Prayer of Freedom

Now that you've completed the List Preparation Guide, you're ready for the final step: praying the Prayer of Freedom.

Approach it with a heart of repentance and faith. When you truly repent, it works; simply reading the words without meaning them will not. The power isn't in the wording but in the heart behind it, guided by these prayers.

This prayer is divided into three parts, each with a specific purpose. Here's what they are…

Prayer #1 repents of Activity Sins, break unholy soul ties, and command all spirits of discipline to leave. You only need to pray this prayer one time.

Prayer #2 renounces Agreement Sins. Pray this three times a day for three days. You may pray them all at once or spread them through morning, midday, and evening. Begin it the same day you finish Prayer #1 and continue for the next three days.

Prayer #3 is a "final cleanup" prayer you'll pray twice a day for thirty days after completing Prayer #2. It reinforces the earlier prayers and asks God to remove all remaining spirits of discipline.

These prayers use the name of **Jesus** because it is most effective, but you may substitute **God** if you prefer. What matters most is your heart of repentance and faith.

Now, you're finally ready to begin the Prayer of Freedom! Just follow the instructions.

For the best results, watch the following tutorial.

Chapter 12: Tips on how to effectively do the prayers

OceanofPDF.com

Prayer #1
Repent of **Activity Sins**

Pray **one** time. Pray **out loud.**

Lord Jesus, I repent of my sins, and I thank you for dying on the cross for me. I accept your covering of my sins with your blood, and I claim the freedom you have promised from the curse of sin and torment.

I choose to forgive others—everyone who has hurt me, lied to me, or disappointed me, I forgive them. I repent of unforgiveness; I know it is sin. I put it under your blood, Lord Jesus. I repent of anger, bitterness, hatred, rebellion, resentment, revenge, envy, jealousy, strife, lust, witchcraft, idolatry, and all the works of the flesh. I put it all under the blood of Jesus, and by doing so I break Satan's power and legal rights to my life. I repent of the sins in my bloodline that I inherited through my mother and father. I repent of and denounce any contract with Satan that impacts my life that either I or anyone else has made; since he is a liar, no contract is binding. By your blood, Lord Jesus, I free myself from any pact with the devil. I renounce all unholy oaths, vows, pledges, and ceremonies that either I or my ancestors have made. I also renounce and cancel the assignment of every influencing spirit through which I have made unholy soul ties with other people, and I confess as sin, renounce, and break all the unholy soul ties with those people. I also break and release all judgments I have made against others.

I repent of all unrighteous bloodshed in my ancestral line; all sins of divination, whether known or unknown; witchcraft; and other forms of occult activities that I or my ancestors have committed. And by the blood of Jesus, I renounce and break the power of Rejection, Fear, Unforgiveness, Heaviness, Control, Divination, and all other powers over me.

And I repent of the following sins and lay them all under your blood…

1. **Childhood Parent Relationship**

   ***For father*—**I forgive my father for (*name each "father" item on **List 1:** Parent Relationship*). Those things wounded me. I forgive

him, release all judgments against him, and break all unholy soul ties with him.

***For mother*—**I forgive my mother for (*name each "mother" item on **List 1:** Parent Relationship*). Those things wounded me. I forgive her, release all judgments against her, and break all unholy soul ties with her.

***For grandparents*—**I forgive my grandparents for (*name each "grandparent" item and which grandparent did it on **List 1:** Parent Relationship*). Those things wounded me. I forgive them, release all judgments against them, and break all unholy soul ties with them.

2. **Unforgiveness—**I confess that I have resented and not loved certain people who have hurt me, and I have held unforgiveness in my heart towards them. I repent of that unforgiveness. I choose now to forgive, release all judgments towards, and renounce and break all unholy soul ties with the following people: (*name each person on **List 2:** Unforgiveness*).

3. **Sexual Sin—**I repent of my sexual sins with the following people, break all unholy blood contracts with each one, and renounce and break all unholy soul ties with them, their sexual partners, and those who encouraged me in these activities, including: (*name each person on **List 3:** Sexual Sin*), and all other sexual partners I may not recall.

4. **Generational Sins—**I confess and acknowledge the iniquities I and my forebearers have committed, and I renounce and repent of those sins and place them under your blood. I do this specifically for the sins of (*name each sin on **List 4:** Generational Sins*), and in Jesus's name I cancel the assignment of every spirit upon me and my family from all generational sins, and I declare they have no hold over me.

5. **Occult—**I repent of and renounce all activity I have engaged in within the demonic realm and all other occult activities, including: (*name each activity on **List 5:** Occult*). I renounce and break all unholy soul ties with those with whom I committed these sins, including (*name each person you listed*).

6. **Word Curses—**I repent of believing word curses spoken over me, and I confess they are lies. I renounce and break their power over me, and I renounce and break all unholy soul ties with those who spoke these curses about me, including the following word curses and people (*name each word curse, and who spoke them over you, on **List 6:** Word Curses*). I also break all unknown curses and those I have spoken over myself. I break the agreement and cancel the assignment of every spirit upon me from these curses, and I declare you have no power over me any longer.

7. **Covenants and Vows—**I repent of breaking certain covenants and vows I have made, including: (*name each broken covenant/vow on **List 7:** Covenants and Vows*), and I break all unholy soul ties with those who encouraged me to break them, including: (*name each person on your list who encouraged you to break them*).

8. **Idolatry—**I repent of all idolatry, including but not limited to: (*name each item on **List 8:** Idolatry*). I also break all unholy soul ties with those who encouraged me in this direction, including: (*name each person on your list who encouraged you in this direction*).

9. **Pride—**I repent of my sin of pride, and especially the pride of (*name each item on **List 9:** Pride*). I also repent that I have been prideful about my accomplishments and for not giving you the glory.

10. **Abuse / Trauma**— I have experienced certain abusive and traumatic events, and I repent of my sinful responses to each one, including… (*name each event from **List 10:** Abuse and Trauma—what happened, your sinful emotion or response, and the person involved. For example: "my fearful response when Bill abused me as a child"*). I now renounce and break all unholy blood contracts and unholy soul ties with everyone involved, including all the individuals I just named. And Lord, I ask that you remove the memory of these abuses and traumas—including any from my mother and father—from my mind and body. I rebuke all spirits tied to these abuses and traumas, and command each of you to leave—go now, in Jesus's name!

11. **Addictions—**I repent of my sin in doing the following addictive behaviors. I renounce and break all unholy soul ties with those who

encouraged me or with whom I did these activities, including but not limited to: (*name each addiction and individual on **List 11:** Addictions*).

12. **Other religions—**I repent of all idolatry and involvement in all other religions ("including…" *name each religion on **List 12**: Other Religions*).

13. **Judgments—**I also repent of and renounce all judgments I have spoken against all others, including but not limited to: (*name each person on **List 13:** Judgments*).

14. **Other sins—**I also repent of the following sins (*name each sin on **List 14:** Other Sins*).

16. **Additional Sins and Activities**—I repent of and renounce all sins I have committed, and continue to do, that are contrary to you, including: (*name each item marked on **List 16:** Additional Sins and Issues*).

17. **Influencers**—I renounce and break all unholy soul ties with those who influenced me to do those sins, including: (*name each person on **List 17:** Influencers*). I also break all unholy soul ties and renounce all agreements with the *spirits* behind those thoughts and activities.

***Before praying the next section**, please review the video tutorial at the beginning of this chapter to understand how to do it. These are the steps:*

1. Identify the Strongman spirits

*Look at "List 16: Additional Sins and Issues." The headings in **ALL CAPS** (such as FEAR, BONDAGE, or HEAVINESS) are the Strongman spirits.*

***2. Identify the related sins** ("Junior spirits")*

Under each Strongman heading, any sins or behaviors you marked as a strong or recurring issue in your life are the "Junior spirits."

3. Bind the Strongman spirits and their Junior spirits together

*When you pray, name each Strongman spirit in **ALL CAPS** first, then call out and name all Junior spirits you marked underneath them.*

3. Command them to leave

*In your prayer, state that you renounce them, break their power, and command them to leave in Jesus' name. Example: "I bind the Strongman spirits of **FEAR** and **BONDAGE**, and I bind all of your Junior spirits to you as one, including **timidity**, **worry**, **panic attacks**, and **smoking addiction** …"*

In Jesus's name, I renounce and bind each Strongman spirit in my life, including (*name each Strongman spirit in **ALL CAPS** from **List 16: Additional Sins and Issues***), and I renounce each of you and bind all your Junior spirits to you as one, and I break the power of each of you, including: (*name each sin or activity marked as an issue in your life*). And now, I declare none of you have any legal right to remain. I command you and all your Junior spirits out right now—get out, go to Jesus, and never return!

In Jesus' name, I bind all unholy spirits, separately and individually, associated with any demonic bondages sent against me or my family, and I break all curses, pacts, spells, seals, hexes, vexes, triggers, trances, vows, demonic blessings, or any other demonic bondages sent against me or my family,. and I command all of you unholy spirits to leave now, in Jesus's name.

And now, in Jesus' name, I command every unholy spirit to leave me immediately. I declare you have no further right to me, and I command you to go *now*, in Jesus' name, and go where Jesus tells you to go.

I also speak to every spirit of infirmity and, in Jesus's name, I command you to go as well, and take all your roots with you and remove all my sickness. _____, go! (*name each infirmity, individually, from **List 18: Infirmity***—ex: "back pain, go!" Repeat for each).

Lord Jesus, I ask that you enforce my freedom from the curse of sin for which you shed your blood. I ask that you remove all unholy spirits from my life right now. I believe you will, and I thank you for doing so. Amen!

OceanofPDF.com

Prayer #2
Renounce **Agreement Sins**

Pray **3 times a day** for **3 days**. Pray **out loud.**

Since sins of iniquity committed by my forefathers may be imputed to me, and any "agreement sins" made by my forefathers, such as oaths contrary to God, are often binding upon me, I therefore speak to all sins that have entered into my family line, either by me or my forefathers, as my sin.

Father, I confess and believe in your Son, Jesus, as my Savior, and my loyalties are solely to you and Jesus as my Lord. I now renounce all blessings and all curses of all other religions ("including…" *name each religion on **List 12:** Other Religions*), and of all organizations and lodges, including the Masonic lodge. I no longer want any of their benefits, nor will I be bound by any of their curses. I declare that I am under the blood of Jesus, and the power of these things was defeated by him at the cross.

I repent of and ask your forgiveness, for both me and my ancestors ("including…" *name each person from **List 15:** Agreement Sins, and the group or sin they participated in*), for all participation in any group or activity with oaths, rituals, ceremonies or actions that are contrary to you. You alone are God, and you alone deserve my allegiance. My loyalties and allegiances are to you alone as Lord. If I, or any of my ancestors, have violated the first commandment by swearing allegiance to, or worshipping, a "deity" named Jahbulon* (*pronounced "Jah-bull-on"*) who is not God, or any other unholy spirit, I completely and utterly reject and renounce that worship and allegiance. Additionally, I completely and utterly reject and renounce, with the full force of my will, all oaths, allegiances, worship, covenants and participation, either made by me or any of my ancestors, with Jahbulon and all other unholy spirits, including those of other religions either I or my ancestors have participated in ("such as…" *name each religion and/or spirit on **List 12:** Other Religions*). And by the blood of Jesus, your Son, I ask forgiveness for those oaths, allegiances, worship, covenants and participation, both for me and my family.

I hereby break and renounce all unholy oaths and all covenants of any form taken by me and my ancestors, especially any I may have just listed above. I forever separate myself and my family from Jahbulon and all other unholy "deities" and spirits ("including those of…" *name each religion and spirit on **List 12:** Other Religions*). On the authority of Jesus Christ, I command you, Jahbulon, and all those other spirits, to release me and each member of my family, and go! I will not serve you, any lodge, or any other religion.

If I, or anyone in my family, possess any objects associated with any unholy organization's oaths or covenants ("and specifically…" *name any object you are aware of*), I break those oaths, covenants, and all legal rights any unholy spirit may claim with those objects. I declare those objects neutralized and ineffective, in Jesus' name. Additionally, I declare all unholy spirits tied to those objects to be severed from them, and I command each spirit to leave now, in Jesus' name, and go directly and immediately to Jesus.

Father, I ask you to block any unholy spirits—those that may have entered my family line through my sins or those of my ancestors—from passing to my subsequent generations. If any unholy spirits entered my bloodline through my sin or those of my ancestors, I ask you to pardon the torment due to those sins and free us from those spirits. Since all of those sins are imputed to me and my family, I repent of those sins personally, and I claim the blood of Jesus, your Son, over them. I also repent for any subsequent sins from those spirits affecting anyone in my family line, and I claim your Son's blood over those sins as well.

If any unholy spirits have entered my family line because of a curse, spell, or enchantment done by others, I ask that you give me the grace to forgive those people and release all judgments against them. I forgive them for any effects caused by their sins committed against my family line, and for any damage they may have caused, and I release all judgments against them. I ask you, Lord, to break every curse, spell, or enchantment that is still in place against us.

Father, I repent of any sins that may be the result of generational spirits in my family, and I ask you to block any power those spirits may have gained

in my family line because of my own sin. Please heal any damage in my life and in the lives of my family members due to those generational spirits.

I bind, and completely and utterly reject, with the full force of my will, any sin or spiritual defect of mine or any that have been imputed to me, as well as any temptation, allurements, or power that any unholy spirit may have over me as a result of my sin or the sins of any other person.

Father, I ask you to bind, in your Son Jesus' precious blood, any and all curses, pacts, spells, seals, hexes, vexes, triggers, trances, vows, demonic blessings, or any other demonic bondages sent against me or my family or any object we possess. I ask you to bind them all and break them.

And in the name of Jesus and by his blood, I bind all unholy spirits, separately and individually, in my life and the lives of my family ("including…" *name each sin and action, including its header in ALL CAPS, marked on **List 16:** Additional Sins and Activities*). I break all curses, pacts, spells, seals, hexes, vexes, triggers, trances, vows, demonic blessings, or any other demonic bondages sent against me, my family, or any object we possess, and I command all of you spirits to leave and never return. Leave now!

(*if you or your ancestors have participated in other religions)*

> I command all spirits of (*name each *__religion__* on __List 12:__ Other Religions*), and specifically (*name each *__spirit__* on __List 12:__ Other Religions*), to leave me and each of my family members in the name of Jesus Christ. Leave now!

In Jesus's name and by his blood, I break all unholy blood contracts made between me and any other person, whether human or spirit, whether known or unknown.

I also command the spirits of Death, Infirmity, Divination, Rebellion, Lying, Rage, Manipulation, Domination and Control to leave me and each of my family members, in the name of Jesus Christ. Leave now!

I also speak to every spirit of infirmity in me and in each of my family members and, in Jesus's name, I command you to go as well, and take all

your roots and sickness with you. _____, go! (*name each infirmity, individually, on* ***List 18:*** *Infirmity*—ex: "back pain, go!")

I speak to all other unholy spirits, either in or around me and my family. In the authority of Jesus and by his blood, I break every remaining legal right you claim, and I command you to leave us now. Go, and never return! In Jesus's name, I speak protection over my family. I declare our properties, our persons, and our pursuits off limits to all attacks. I declare every attack of all unholy spirits upon any of us, upon our belongings, our pursuits and occupations, to be ineffective.

Father, I now ask in Jesus' name that you release your healing power into my body and into the bodies of each of my family members. Fully restore everything the thief has stolen, killed, or destroyed. Please heal (*name each infirmity desired to be healed*).

I pray all of this in the Holy Name of Jesus, and through the power of God the Father, and of the Son, and of the Holy Spirit. Amen.

[**Reminder**: once you have completed the three days of Prayer #2, return to your Issue Grid and rate the intensity level of each item. Also, add any additional items you missed but are noticing changes in.]

Jahbulon: *Per internet research, Jahbulon is listed as "the true name of God" in the manual of a mainstream secret society. It is a composite of three names: Jehovah (***Jah***), Baal (***Bul***), and Osiris (***On***). Baal is an Assyrian deity that led people to human sacrifice, and Osiris is an Egyptian deity. The name Jahbulon is a perversion of the Trinity of God, and is included in certain oaths as the object of a member's loyalty and allegiance.*

OceanofPDF.com

Prayer #3
"Final Cleanup"

Pray **twice a day** (morning and evening)
for **30 days**. Pray **out loud.**
(after 30 days, use this as a daily prayer)

Before beginning, complete the chart below by entering each word curse from "List 6: Word Curses," then writing a scripture statement in the first person (re-writing scripture to claim it as your promise) that counteracts it (ex: if your word curse is "*you'll always be a failure*," you might choose Jeremiah 29:11 and rewrite it as *"I have been created for welfare and not failure, and God has promised me a future and a hope!*") (*review the video tutorial at the beginning of this chapter for clarification*)

Word Curse	Counteracting Scripture

Heavenly Father, I come to you in Jesus' name, being made one with him through the new covenant in his blood. I ask for your grace to help me deny myself, die to myself, be fully led by your Spirit, and no longer conform to the patterns of this world. And I commit, and remind myself, to always ask you for guidance in every decision I make that I may stay in the center of your will. Help me to be closer to you, diligently pursue you, and take every thought captive through the Word of Christ.

Please abundantly provide for me and my family—not only in full financial provision, but also through health in both body and relationships with each other. Prosper all that we do and grant us the abundant life your Son has promised us.

Watch over and protect my family, and bless all of us to pursue you, to focus on you, to yield to you, to deny ourselves, and bring you glory in all we do. I repent of my sins ("including…" *list specific sins you are aware of*), I forgive each person who has hurt me, and I release all judgments against them ("including…" *list anyone who comes to mind*). And I break all unholy soul ties I have with any person ("including…" *list anyone who comes to mind*). On behalf of (*spouse*), I repent of his/her sins ("including…" *list any specific sins you are aware of*) and break all unholy soul ties he/she may have with any person ("including..." *list anyone who comes to mind*), and on behalf of my children—(*name them*)—I repent for each of their sins ("including…" *list any specific sins you are aware of*) and I break all unholy soul ties they may have with any person as well ("including…" *list anyone who comes to mind*). I claim Jesus' blood over all our sins, and I command all unholy spirits to leave us now! Go, in Jesus' name!

I plead the blood of Jesus over any curse or words working against me or my family from anyone in authority, or who carries authority, or even from my own mouth, for which I repent. I ask that those words be voided, and anything recorded in heaven from them be stricken, removed, and all legal rights revoked.

For each of my family members, I now break, by the authority of Jesus Christ, every curse put upon us. I break all curses, seals, spells, hexes, vexes, and all other demonic bondages, all word curses either spoken over any of us or that have been written or texted, and any other unholy bondages sent against me, my family, or any object we possess. And in the name of Jesus, I command every spirit associated with those curses to be bound, leave, and never return to us.

In the name of Jesus and through his blood, I bind and sever every cord of every unholy spirit over our home. I render every unholy spirit inactive. I

declare you are cut off from your communication. I declare confusion into your camp, I declare all your works ineffective against me and my family, and I command you out of my home in Jesus' name.

For both me and each of my family members (*name them*), in the name of Jesus, I renounce and bind every demonic stronghold at work in our lives ("including…" *list any sin strongholds God places on your heart, and include all Strongman spirits marked on* ***List 16:*** *Additional Sins and Issues that still remain in your life*). I bind every named and unnamed spirit under each of these stronghold spirits ("including..." *list all junior spirits marked on* ***List 16:*** *Additional Sins and Issues that still remain in your life*). I declare each spirit inactive in our lives and I declare all their works ineffective. And now, I speak to each of you spirits: In Jesus's name, I break every legal right you have to remain, and I command you to leave now and never return.

(*if you completed the Word Curses grid above)*

> And Lord, help me renew my mind to believe who *you* say I am in the Bible: (*read each scripture statement from your Word Curses grid*)

(*if you have had a long-term chronic issue like addiction, pain or any other malady)*

> And Lord, I repent of my identity of (*name the chronic issue, such as "arthritis pain"*), and in the name of Jesus I command the spirit of (*name the chronic issue*) to leave and never return.

Lord, I ask that you enforce the freedom which you have promised from sin and that you remove all unholy spirits from my life right now. I also ask you to release healing into my body and those of my family members. Fully restore all that the thief has stolen.

Lord, I also ask that you remove the memory of all abuses and traumas any of us have experienced—both from my mind and body, and the minds and bodies of each family member. I renounce and rebuke all spirits tied to those abuses and traumas, and I command each of you to leave—go now in Jesus' name!

And Lord, I ask you to strengthen my memory, cognitive ability, thinking power, and imagination. Help me, also, to remember those things I should remember, and not remember those things I should forget.

Please bring forth the fruit of your Spirit each day, in me and each member of my family—love, joy, peace, patience, goodness, kindness, gentleness, faithfulness, and self-control. Grant us mercy in all we do and help us to lean on you each day.

I pray all of this in the Holy Name of Jesus, and through the power of God the Father, and of the Son, and of the Holy Spirit. Amen.

[**Reminder**: once you have completed the thirty days of Prayer #3, return to your Issue Grid and rate the intensity level of each item. Also, add any additional items you missed but are noticing changes in.]

Note: for ease of use, we've added Prayer #3 to our app so you can access it any time without the book:

Prayer 3:
Daily Prayer

OceanofPDF.com

CHAPTER 13
Helping others by "giving it forward"

By the time you reach this point, if you've prayed through the Prayer of Freedom, you may already be sensing spiritual pressure beginning to ease—old struggles loosening their grip as God removes spirits of discipline tied to unrepented sin. When that happens, something meaningful begins to stir inside us: we want others to experience freedom too.

Spouses, children, relatives, friends, coworkers—people the Lord has placed in your life. If you know someone who carries ongoing burdens, consider sharing *The Prayer of Freedom* with them so they can go through the process themselves. Many people quietly share the book when God highlights someone. You don't need to convince them or explain everything. Simply hand them the book and, if you're unsure what to say, encourage them to scan the QR code on the front cover to watch the short video. That simple step often sparks curiosity and creates a desire to read more.

Keeping extra books on hand

Over the years, I've kept several copies with me for when God prompts me to share. Many readers do the same—some keep them in the car, at the office, or in a purse or bag. I often ask God before I go somewhere, "Lead me to someone You want to set free," and He frequently does. I encourage you to pray similarly, listening for His leading and treating it as a quiet ministry of love wherever you go.

Discerning which book to share

As you pray about who to share this message with, remember that not everyone is in the same place. ***The Prayer of Freedom*** is most helpful for those who feel weighed down by persistent struggles—chronic pain, relationship conflicts, addictions, anxiety, or other spiritual torment they haven't been able to shake. For someone in that place, this process can lead them into real freedom.

Others, however, may simply feel unsettled, overwhelmed, or disconnected from peace, but they're not yet ready to engage something this intensive. For those individuals, a gentler starting point can make the journey approachable rather than intimidating. That's why I wrote ***Outrageous Peace***. It is a shorter, simpler book designed to introduce the spiritual principles that affect our lives every day. Many readers find it to be an easy entryway into understanding spiritual laws without feeling overwhelmed.

So, as God highlights a friend or family member, ask Him which path best serves that person. *The Prayer of Freedom* for those deeply hurting. *Outrageous Peace* for those searching for calm and clarity in the midst of life's pressures. If you believe *Outrageous Peace* may serve someone better in this season, you can learn more at **OutrageousPeace.com**.

Sharing freedom with others

If this book has made an impact in your life—and you sense God placing it on your heart to help others experience the same kind of freedom—*this* section is for you, especially if money already feels tight. If you don't feel a particular nudge from God to share this with others, you can feel free to skip ahead. There's no pressure here, only an invitation for those who feel prompted but aren't sure how to respond when finances are stretched.

Many people suffer silently—emotional wounds, anxiety, strained relationships, addictions, chronic pain, and spiritual torment they don't

know how to escape. Most people don’t know freedom is possible. When God delivers us, He often uses our testimony to stir hope in others. Sharing a book, offering a word of encouragement, or simply telling someone what God has done can become the doorway that leads them toward repentance, healing, and freedom.

This became real to me more than twenty years ago. I went through a difficult season, and a short book helped me see things clearly in a way I hadn’t before. As change began in my own life, I became more aware of how many people around me were struggling in similar ways. And I realized something simple: the only way I could help someone in the moment was if I already had the book with me.

I had a practical question for the Lord. I asked Him if He would be pleased for me to use a portion of what I was already giving to Him to buy extra copies, so they would be available to give away whenever He highlighted someone. When I sensed His answer was yes, I began doing exactly that. Sometimes I bought in bulk because it was the only way to keep enough copies on hand.

That changed how I understood generosity. Because those funds already belonged to Him, I wasn’t spending “my” money—I was spending His. I wasn’t taking from my family budget. I was using what I had committed to God, and that made giving possible in a season when it otherwise wouldn’t have been.

Month after month, I gave books away as I met people I believed God wanted to help. Over time I saw how having a copy available in a moment of need can make all the difference. Opportunities usually come without warning, and the moment can pass quickly. The book simply becomes a tool in God’s hands to extend freedom to someone He loves.

If finances are tight and you sense God’s nudge to help others, ask Him the same question I asked. If you already set aside a portion of what you have for Him, ask whether He would have you use a small portion of that—what you have already committed to Him—to keep a few additional copies ready for people He places in your path.

There is no obligation, and no expectation. I'm not trying to persuade you or sell you anything. I'm simply sharing a practice that shaped my life long before *The Prayer of Freedom* existed, and offering a way forward for those who feel called to share but don't know how they could afford it. When we stop viewing generosity as spending our own money, it stops being a financial decision—and it becomes obedience and freedom.

Encouraging people to actually *read* the book

Giving someone a book is helpful only if they read it. To gently encourage this, here's an approach that has proven fruitful. When you hand them the book, ask one simple question that invites engagement and commitment: *"Before you go to bed tonight, will you scan the QR code on the front cover and watch a short video about the book?"* When someone says "yes" to that commitment, they usually honor it. And once they watch the video, many begin reading and praying through the book. Freedom begins with hope; the video helps awaken that hope.

OceanofPDF.com

Share your story and get a free gift

If your life has been impacted by the Prayer of Freedom, we'd love to hear about it!

Share your story and we'll give you a free gift! Scan the QR code (or enter the URL) for details...

OceanofPDF.com

CHAPTER 14

What to expect after completing the Prayer of Freedom

Now that you've completed the Prayer of Freedom, what should you expect? It might surprise you!

To prepare you for what's to come, I've recorded a short overview with important details I don't cover in the book. Please watch it now…

Chapter 14: What to expect after completing the prayers

What to do if some of your issues haven't disappeared yet

If you have completed the full set of prayers and some issues still remain, don't be discouraged. This sometimes happens. It usually means a spirit of discipline still has a legal right to you.

If this happens, watch my training below on hidden keys to getting free. In this video I teach how to identify the legal rights you may have missed.

Chapter 14: Hidden keys most people miss who don't get free

Once you have watched the video above, go back through the List Preparation Guide again and ask God to reveal any sins you may have

missed *that are tied to the issues you still have*. Pay special attention to "the first time" approach I teach in the video. Then, list any *additional* sins he brings to mind that you haven't already repented of. And as you do this, be sure to watch the training videos tied to the different list categories—especially **List #1: Parent-child relationship**. For many, this is where the deepest issues began and understanding it often lays the foundation for true and lasting freedom.

Once you make that list, **(1)** go back and do Prayer #1 for each section where God revealed additional sins, then **(2)** do Prayer #3 twice a day for another thirty days (you can skip Prayer #2).

☐ Unforgiveness could be the key

While on this topic, since unforgiveness is such a BIG issue for many people, it may be the culprit in your situation. Because of that, I want to talk about it here.

If someone greatly hurt you in the past, you may still have unforgiveness towards them even if you think you have forgiven them. If you have unforgiveness, it could be a reason some of your issues haven't disappeared.

How do you know if you still have unforgiveness? You'll know it if your heart is "triggered" by that person. Here's what I mean…

Picture that person walking into your presence right now. What does your heart do? If it is "triggered" and gets upset, you haven't fully forgiven them. If your heart is completely at peace, then you have.

If thinking about that person "triggers" your heart, you must learn to *truly* forgive them to be set free. And you do that by separating the *person* from the *hurt* they did to you.

To learn more about how to truly forgive someone who has deeply hurt you, watch my training video from the List Preparation Guide section.

List Prep #2: Unforgiveness and how to forgive

☐ **If issues still remain**

If your issues still remain after doing the steps above, I recommend seeking help from a trained professional. They can often identify things you have missed and can help set you free. To find someone, ask the Lord to direct you, then search online for Christian deliverance ministries.

Another option is to consider going through my **Master Class** program (see Chapter 17). In it, I go in depth on how the spiritual battle works, how to recognize the key issues in your life that may cause it, and I share many stories and illustrations of identifying hidden legal rights most people miss. Learn more at **ThePrayerOfFreedom.com.**

When your past has been especially dark

If you've lived through years of trauma, addiction, broken relationships, or other deep wounds, it's common for layers of spiritual issues to accumulate over time. When someone like this goes through the Prayer of Freedom, they often experience major breakthrough—but the long history of "buildup" means not everything is fully removed in one pass. It's a bit like taking your first real bath after twenty years of grime. You come out clean, but the water was still dirty and some of it clings to you. One bath helped tremendously, but a second one is needed to finish the job.

For that reason, if your life has been especially dark or chaotic for years, I *strongly* recommend going back through the entire Prayer of Freedom again within the next two months. Start anew with the List Preparation Guide and ask God to reveal anything else you missed or anything that has happened since your first time. And for many people in this situation, going through it a *third* time about six months later brings even deeper freedom. Time and again, those who had the hardest, longest battles tell me that doing the Prayer of Freedom a second and third time made all the difference.

Staying free *personally*

Now that you know how God's discipline works, the easiest way to stay free is to (1) **stop sinning** and (2) **repent quickly** if you do sin.

Let's talk about each of these individually…

☐ 1 - How to stop sinning

There are five steps I recommend to help you stop sinning.

First (***very*** important), **keep praying Prayer #3 every day**. Make it a regular part of your life. It covers the foundational areas that keep tormenting spirits from returning—especially when you've been set free from chronic issues you've dealt with for years. I've seen many people completely freed from long-term struggles only to have them return after they *stopped* praying this daily.

Sometimes people experience a return of their struggle because they slip back into a similar sin that reopens the very door they had just closed. Prayer #3 helps guard against this by prompting daily repentance. Other times, the issue resurfaces because they've unknowingly held on to an identity shaped by that old struggle. When you've lived with chronic pain, addiction, or any long-term torment, it's easy to keep identifying with it even after you're free. Prayer #3 leads you to repent of those old identity patterns, reject them, and keep the doors closed.

This isn't "maintenance"—it's spiritual protection. And in my experience, almost *everyone* who was fully freed from a long-term struggle relapsed within a month when they stopped praying Prayer #3. So, if that's you, don't stop. Keep guarding what God has done.

Second, the most important way to sin less is to spend more time with God. Spend time reading the Bible, praying, and worshipping him on a daily basis. Whatever time you've normally been spending on these things (if any), set a plan to increase it by 50%. Then, once you do, increase it again.

I also encourage you to explore the teaching series in my app, *Get Radical Faith.* Through these lessons, I share how to deepen your walk with God and experience a richer and stronger faith. The more you learn and apply these teachings, the greater your spiritual growth will be.

The more time you spend with the Lord and the more you grow in applying his Word, the more his Spirit will operate through… you and the less you will give into sinful temptations.

Third, set boundaries in your life where you know you are weak and are more likely to give into temptation. Satan knows your weaknesses and purposely tries to get you into positions where you are weak. Once you're there, you're more likely to give into temptations to sin. That's his strategy, by the way. If he can get you to sin while you're weak, then you hand over legal rights for spirits of discipline to come in and attack.

To set those boundaries, take the issues you've struggled with—maybe it's pornography, or drinking, or "blowing your top" in anger and yelling at a loved one—and analyze when you typically do those things. You'll start to see patterns as to when those sins occur.

For example, if you struggle with pornography, you may find you often do it late at night when you're tired. Or if you struggle with drinking, it may be after a hard day's work and you want to relax with a drink, or it may be when you're around certain friends. Or if it's "blowing up" in anger, it may be either when certain trigger-words are said, or they are said in a particular manner.

Once you find the patterns when you are most likely to do those sins, simply place boundaries in your life to keep from being in those situations.

Fourth, ask the Lord to direct you on things you need to stop doing that may be influencing you in negative ways and causing you to sin. These could be anything from the friends you hang out with, to the books or movies you consume, to the music you listen to. Everything you allow into your life will influence you in one way or another. And those things that influence you will, ultimately, influence the things you do.

Fifth, get rid of anything you own that could give unholy spirits a legal right to you.

For example, get rid of any **object**, **symbol** or **book** tied to: **(1)** Native American pagan practices (including dream catchers); **(2)** New Age; **(3)** witchcraft; **(4)** good luck charms, crystals and rabbits' feet (anything that promises good luck or power); **(5)** other religions; **(6)** demonic or occult games, or any movies and games with sexual immorality, horror or extreme

violence; and **(7)** any letters, gifts or other objects from any ex-relationship, especially if the relationship was toxic and controlling (these can carry legal rights, in a sense).

If you possess any objects tied to a group or organization known for agreement sins or the occult, get rid of those objects as well. It could be any sort of object—clothing, swords, shields, trinkets, coins, or anything similar that may be tied to a secret society, a spirit guide, or any sort of witchcraft, or occult group. Oftentimes, spirits of discipline are tied to those objects and if you hold onto them, you give those spirits legal rights to you.

To get rid of any of these objects, don't simply sell them or give them away because you'll just be passing the legal rights to someone else. And don't just throw them away, either. Let me explain…

I remember a friend of mine and his teenage son were given a painting by a customer of theirs. It was a weird, mystical-looking painting, but they thought nothing of it and received the gift with gratitude. However, almost immediately, the father and son began arguing a lot and started growing apart. Within a few months, they were completely estranged from each other. The son would have nothing to do with him—he wouldn't talk to him, spend time with him, or even acknowledge his existence. It was as if, for some inexplicable reason, the son suddenly hated his father.

Simultaneously during this time, the son went spiraling downward into a deep, dark mental abyss. He started getting involved in all kinds of terrible activities and doing things he knew were horribly wrong, but he couldn't stop himself.

Then, a year later, the father was prompted to burn the painting. And as soon as he did, *everything* lifted from his son and all the mental torment left. The father-son relationship was immediately restored. It was the difference between night and day.

What happened was there was a legal right tied to that painting, and that legal right gave an unholy spirit—a spirit of discipline—the right to attack the owner. As soon as it was burned, the legal rights were removed and the spirit left. However, if the father had simply discarded the painting instead of destroying it, the son's torment would have persisted, as he would still have remained its owner.

This is why it’s so important to get rid of *anything* that may allow unholy spirits access to torment you.

And while it may seem a bit extreme, believe it or not, the best thing to do if you have any of those objects is to break them into pieces, burn them in a fire, then scatter the remains far away from you.

☐ 2 - How to repent quickly

In addition to “stop sinning,” the second step to staying free is to repent quickly. Here’s why this is so important…

If you’ve developed a “sin habit” in certain areas, it’s not uncommon to slip back into those patterns. Breaking habits can be one of the toughest challenges. However, if you do fall back into sin, it’s important to repent quickly to prevent yourself from spiraling back into the old habit. To help with this, I recommend using the *3-Step Recovery Prayer*.

Whenever you start to slip back into old sins—like if you used to argue with your spouse frequently, and things were calm until something triggers an outburst and you find yourself spiraling into anger again—this process will help you quickly "recover" and become calm again.

How well does it work?

One day around noon, my friend Luanne called me. She and her husband had been fighting for years, but after doing the Prayer of Freedom a few days earlier, things had calmed down between them. However, earlier that morning something triggered her and she became furious at him. By the time we spoke four hours later, she was still at an "8" on a scale from 0 to 10 and couldn’t calm down.

I led her through the 3-Step Recovery Prayer over the phone, and within five minutes she was completely calm, back down to a “0.”

This prayer is so effective that I recommend taking a photo of it and saving it on your phone for easy access. Then, whenever you feel yourself slipping back into old patterns, simply use the 3-Step Recovery Prayer immediately and it will set you free.

You can also find the 3-Step Recovery Prayer on our app to access it at any time:

Prayer 2:
3-Step Recovery Prayer

☐ ***3-Step Recovery Prayer*** ☐

First, rate the intensity of your issue on a scale of 0 to 10 (with 10 being highest). Then, pray out loud as follows:

1. Ask the Lord to reveal your sins:
"Lord Jesus, I repent of my sins, and I ask you to help me recover. Please reveal any sin I need to repent of or person I need to forgive to set me free of (*name the issue you are experiencing*)."

2a. Repent of whatever comes to mind:
(for sin): "I repent of _____ to/with _____ (*name any person your sin was done to or with, if applicable*)."
(for forgiveness): "I forgive _____ for doing _____."

2b. If you mentioned a person's name above:
"And I break all unholy soul ties with and remove all judgments against the people I just named."

3. Command unholy spirits to leave:
"And in Jesus' name, I now command the spirit of (*name the issue*) to leave me, immediately. Go now, in Jesus' name!" (*repeat one more time*)

Finally, re-calibrate the intensity level you are experiencing. If your issue has diminished but has not disappeared, *keep repeating Step 3* until it disappears. If there has been no change, repeat the entire process, asking God to reveal any remaining sin you may still need to repent of.

I also recommend you set a monthly reminder in your calendar to monitor yourself and gauge where you are. If you find yourself starting to slip back into the same problems the Prayer of Freedom has freed you from, it means you've become lax with repentance and allowed spirits of discipline to return.

Many times these things will happen when you engage in sexual activity outside of marriage, or when there are ongoing relationship issues that create unforgiveness and bitterness. Or maybe you had addiction problems before and now feel you are strong enough to "take another drink" (or whatever the urge) and you end up falling back into old habits; things of that sort.

If you catch yourself having slipped far enough that the 4 Step Recovery Prayer doesn't set you free, simply repeat the Prayer of Freedom process again. Make a list of *new* sins you haven't repented of since the last time you did the prayer, then pray through Prayer #1 again.

Expect a spiritual battle after getting free

After you get free—especially from something that had a strong grip on your life for years—it's important to know what usually happens next. The spirit behind that struggle will often try to come back. This is what Jesus teaches in **Matthew 12:43–44** where He says, "When the unclean spirit goes out of a person, it passes through waterless places seeking rest, but finds none. Then it says, 'I will return to my house from which I came.'"

I've watched this play out many times. Someone goes through the Prayer of Freedom, the cravings disappear, the heaviness lifts, their mind becomes clear, and for the first time in a long while they feel genuinely strong.

And because they feel strong, they *assume* the battle is over**. But it's not—for many, it has actually just begun**. This is when the enemy tries hardest to slip back in.

This shows up in real and practical ways. If you've been freed from drugs, it's not uncommon that within a week a total stranger will walk up and offer you drugs for free. People tell me this happens so often that it

almost feels planned. If you struggled with alcohol, you'll likely find yourself in a social situation where someone offers you a drink and you take it before even thinking about it.

These things don't happen by accident. The spirits you got rid of are *creating* opportunities to tempt you, hoping you'll give in to them so they can return.

Once a tormenting spirit has been forced out, it cannot simply barge back in. It needs a new legal right. And that legal right usually happens in very ordinary moments. Feeling lonely. Feeling stressed. Being in the wrong place at the wrong time. Having someone say, "Come on, just *one* won't hurt."

If you choose to give in even a *little*, Romans 6 teaches that when you give yourself to sin, you become its slave again. The moment you reach for that drink or take that pill or return to an old habit, the spiritual door opens, and the enemy gains a legal right to return. And as Jesus warns, when it comes back, it does so with a vengeance—"it goes and brings with it seven other spirits more evil than itself… and the last state of that person is worse than the first." (**Matthew 12:45**)

The first ninety days after you've been set free are usually the most challenging. This is when the enemy tries the most persistently to get you to stumble so he can return. This is why it's so important to make up your mind ahead of time that your answer will *always* be "**No!**" Don't test yourself. Don't think you can handle "just one."

And if you ever slip, repent *immediately* and close that door before the spirit gets a stronghold on you. This is why continuing Prayer #3 every day is so crucial.

You really *can* stay free. But the key is you must be diligent to stay alert and resist every attempt the enemy makes to pull you back. If you stand firm long enough, it will eventually stop.

If you want to see how this is applied in real life, watch this powerful short, personal story from Eric:

Chapter 14: How to stay healed if your issues return #2

How to “stay healed” after God heals you

If someone has suffered with a chronic issue for years—maybe some form of nagging pain—and it goes away after praying the Prayer of Freedom, I often see it return to the person. It’s as if the spirit of discipline originally causing the pain came back.

If that happens, here’s what’s typically going on and what you can do to free yourself from it…

As strange as it may sound, when people have had prolonged issues for years that the Lord brings freedom to, they often feel “awkward” without that issue.

For example, “Tim” may have had excruciating hip pain for fifteen years. Now that it’s gone, it just doesn’t feel “normal” anymore.

What’s going on is, over the years, he had become so accustomed to it that he built up an “identity” of being in pain. So, once that pain disappeared, he may have unconsciously thought in his heart, “This doesn’t feel right. I should still be in pain.” And because that identity is contrary to God’s identity for him—which makes it a sin—the spirit of discipline has a legal right to return and keep Tim in pain.

How do you keep this from happening to you? By repenting of holding onto the “identity” of that issue you once had.

You’ll see this in Prayer #3 where, if you’ve dealt with a chronic issue in your life, you repent of any identity you still have with that issue. Thankfully, you don’t have to do this forever—just long enough to re-train your identity until you no longer have that issue.

Watch the following video to learn more.

Chapter 14: How to stay healed if your issues return #1

Continue to grow spiritually

Now that you’ve gone through this prayer process—repenting of sin, closing spiritual doors, and beginning your journey to lasting freedom—it’s

important to keep growing spiritually. Healing and breakthrough are just the beginning. As you continue walking with God, your intimacy with Him will deepen, your faith will grow stronger, and your ability to hear His voice will become clearer.

To help you on that journey, I encourage you to use the **Get Radical Faith** app. It's a free tool I've referenced throughout this book (the download link is at the beginning of Chapter 11), and it's packed with practical training on how to walk by faith, pursue God more deeply, hear His voice, and grow in spiritual maturity. Not only does it include the foundational teachings used in this book, but it also offers much more, covering a wide range of topics to strengthen your relationship with the Lord. I highly recommend setting aside time to watch or listen to the teachings and continue building your life of faith.

OceanofPDF.com

CHAPTER 15
Simple ways to help family and friends get freedom, too

Now that you have experienced freedom, start helping family and friends get freedom, too. Here's how…

Helping FAMILY MEMBERS by repenting on their behalf

If the Prayer of Freedom has brought you freedom from many issues, it's common for other family members to struggle with similar challenges. If that's the case and those family members either can't or won't do the Prayer of Freedom for themselves, by God's grace, you can repent on their behalf. This is another spiritual law: when we have authority over someone (such as our children, whether biological or adopted), are in covenant with them (like our spouse), or have close relationships with loved ones (such as our parents or siblings), we can repent on their behalf to help set them free.

The ability to repent on behalf of someone else's sins is rooted in "authority." With spiritual authority, you can repent for their sins in relation to freeing them from spirits of discipline. I'm not suggesting that you can repent on someone else's behalf for their salvation, but I've witnessed this authority in action numerous times when it comes to helping a loved one break free from unholy spirits.

If you recall the stories I shared of Dennis, the elderly father who repented on behalf of his adult son who could never recover financially; or the story of Kate, who repented on her husband's behalf when he went into anaphylactic shock; or the story of Richard, who repented on behalf of his son who had gone into a deep depression for years after a terrible divorce—

in all of these cases it was their spiritual authority that allowed them to repent on the other person's behalf.

This authority is one of the mysteries of God's spiritual laws. It may not make sense according to human wisdom, but God's Word, along with the real-life examples I've witnessed, clearly shows that these laws allow for it —and God honors it.

It's hard to fully describe this authority and its impact on your family in writing. However, I've created a detailed teaching on this topic, explaining where we see this authority in the Bible and how it works. If you have loved ones who need freedom from challenges, I highly encourage you to watch the teaching below:

Chapter 15: Authority and covering: praying for loved ones

☐ **How to repent on someone else's behalf**

If you want to pray this prayer on someone else's behalf, all you have to do is slightly adjust the Prayer of Freedom process you've gone through for yourself.

First, do the List Preparation Guide again, but do it as if *you* are the person you are praying for. In other words, if you are praying for "Tom," then create the lists as if *you* were Tom. Make a list of *his* sins that you know about. Don't worry if you don't know all the sins he may have committed. Ask the Lord for guidance on what to include, then trust the Lord to reveal what you need to write down. When in doubt, write down *whatever* comes to mind, even if it seems absurd. If you're wrong, it won't hurt to repent of it. If you're right, it might just be the key to set him free.

Second, do the prayers, but re-word them to apply to the person you are praying for. For example, if you are praying for Tom and the prayer says, "I repent of unforgiveness towards the following people," simply pray "I repent *on Tom's behalf* for *his* unforgiveness towards the following people."

Third, if you are praying on behalf of a child (even an adult child), it's best for both mother and father to do the Prayer of Freedom for themselves

first, **before praying for the child**. There may be agreement sins being passed down to the child from one or both sides that should be renounced before praying for the child. However, if the other parent isn't willing or able to pray, then, when you pray on your child's behalf, be sure to renounce any agreement sins you know of that may be coming down through the other parent's lineage as well.

If you must do it that way, I suggest you also complete the following sections of the List Preparation Guide on behalf of the other parent and repent of these specific sins as you pray for your child: **List 4** Generational Sins, **List 5** Occult, **List 8** Idolatry, **List 12** Other Religions, and **List 15** Agreement Sins.

For a simple, step-by-step training on how to repent on someone else's behalf, watch the following video:

Chapter 15: Doing the prayer on someone else's behalf

☐ **Helping loved ones who can't do the Prayer of Freedom alone**

Some people desperately want freedom but can't seem to go through the process on their own. They may struggle with focus issues like ADHD or face intense spiritual oppression that brings confusion, fear, or even physical resistance whenever they try. If that's your loved one, don't lose hope. You can help.

There are two powerful ways you can run spiritual interference on their behalf:

First, do the Prayer of Freedom on their behalf as I shared above. This can help remove enough spiritual torment to give them the clarity and strength to engage the process on their own.

If you're considering this, I want to encourage you to listen to Katie's story about her mom. After experiencing the Prayer of Freedom herself, Katie reached out to me, asking how she could do the same for her mother. I encouraged her to do the List Preparation Guide on her mother's behalf, then pray as though presenting her mother's case before God. After doing

that, Katie said there was a "radical, supernatural transformation" in her mother's life. In her message, she shares insights into what she did—and offers encouragement how to do the same for your own loved ones:

Chapter 15: Katie's story: repenting on her mother's behalf

Second, as they begin going through the Prayer of Freedom process on their own, pray the *Beginning Prayer* from the List Preparation Guide (Chapter 12) several times a day on their behalf. This is a powerful intercessory prayer that not only asks the Lord to bring needed issues to mind, but also actively binds enemy spirits from interfering with your loved one as he or she moves through the process.

☐ "Binding prayers" to help children with behavior problems

While "binding prayers" aren't the same as repenting on someone else's behalf, I'm including them here because they can bring temporary freedom for you and others.

For example, if you have young children with behavior problems—maybe they're overly antsy and can't sit still, maybe they've been diagnosed with ADHD, maybe they're always rebellious and angry—sometimes these could be tied to spirits of discipline.

An easy way to determine if it's a spiritual issue or simply a psychological issue is to try a "binding prayer." This is where you verbally command any unholy spirits to stop inciting your child. If you see a noticeable difference in your child when you speak forth the binding prayer, it's an unholy spirit. If nothing changes, try the binding prayer again. Then, if still nothing changes, it's most likely a psychological issue.

Binding prayers only last for a short duration. Because of that, they are useful for "issues of the moment" but not as a long-term solution. If you want a long-term solution, take your child through a child-level-appropriate Prayer of Freedom, or do it on their behalf.

To learn more about binding prayers and how to engage them, watch my training video below:

Chapter 15: Binding prayers and how they can make life easier

Helping FRIENDS by using the Simplified Prayer approach

If you're with a friend who wants freedom from their struggles, here's an easy way to help.

First, open the Simplified Prayer in our mobile app:

Prayer 1: Simplified Prayer

Next, share it with your friend and have them pray through it out loud —encouraging a soft whisper if needed, so they feel free to confess honestly.

Finally, after your friend finishes the prayer, you can pray over them like this: "In Jesus's name, I command every unholy spirit to leave (your friend's name) right now. Go to Jesus and do not return. Spirit of (name your friend's issue), go now, in Jesus's name."

The Simplified Prayer is a variation of what I refer to as the "ad-hoc prayer process." By identifying the key issues in someone's life, you can easily guide them through a simple prayer of repentance without needing the Simplified Prayer in front of you.

If you'd like a ready-made way to bring friends or family together, the **Group Stud**y (see Chapter 17) is a simple, video-based series that makes it easy to host others in your home, church, or workplace and walk through this process together. And if you want to go deeper so you can help loved ones more effectively, the **Master Class** (also in Chapter 17) will give you advanced training, real-life examples, and practical tools to recognize and remove roadblocks when freedom seems hard to reach.

To learn more about guiding friends through the process, watch my short training on this method:

Chapter 15: How to help friends using an ad-hoc prayer session

OceanofPDF.com

CHAPTER 16

Your *next* step: help set your nation free

Now that you understand the *power* of repentance, I want to recruit you to help with the REAL reason I wrote this book.

Besides the Lord directing me to write it, there are two personal reasons I wrote this book. The *second* one will surprise you!

The first reason I wrote this book is to set people free. I've seen so much heartache and so many problems literally melt away in people's lives after they repent that I must tell the world about it! I want people set free so they can pursue their God-given destiny with zeal. I want to see them further God's kingdom here on earth and fulfill the destiny he has for their lives—the "good works he prepared beforehand" that Paul talks about in **Ephesians 2:10**.

So, if you've found this book helpful, please help set others free by sharing it with them. Keep a few books on hand and "give it forward" when the Lord places someone in your path who needs help.

The second reason, the one I want to recruit your help with, is a **bold, *audacious* goal**…

I want to heal *nations* and set them free, and I need your help. Together, I believe we can do it.

How do you heal a nation? The same as you heal a person—by casting out the darkness and allowing God's light to come in through repentance. A nation is only as dark as its people. If the people are full of light, so is the nation.

Imagine what would happen in *your* nation if everyone repented of their sins? If they did, the darkness would leave and the nation would be

healed.

For centuries, Godly men and women have struggled with how to get people to repent so they and their nations can be healed. I believe the Prayer of Freedom solves this problem by teaching people *why* to repent. And now, we can finally set nations free!

I live in the United States of America where we face many challenges. I believe the root cause of most of them are the sins we, as a nation, have been committing for generations. And if you live in another nation, I'm certain you can say the same about yours, too.

The Lord called me in late 2020 to repent daily on behalf of my nation. I asked him, "What do I repent for?" He directed me to the Ten Commandments. The Ten Commandments are God's standard of holiness—that's why they are so holy. Ultimately, most sins are either a transgression against or perversion of one of these Ten Commandments.

The bottom line is, God brings judgment against nations because of the sins of its people. And he relents of that judgment if the people repent.

The book of Jonah talks about a wicked city named Nineveh that had been so sinful for so long that God had decreed destruction against it. God told Jonah to go preach to the Ninevites that, unless they repent, God would bring his wrath against them.

Jonah didn't want to tell them that. Nineveh was one of the archenemies of the Jewish nation. Jonah *wanted* God to destroy them. But God was merciful and wanted to relent. So, ultimately, God got his way and Jonah preached a message of repentance. The city of Nineveh repented, and God relented.

This is another of God's spiritual laws: if you repent, he relents of his discipline… even with nations.

And now that you understand the power of repentance, imagine what would happen if people in your nation began repenting on its behalf, both for their sins and those of their fathers and mothers of past generations. If God spared Nineveh because they repented, and if God would have spared Sodom if he found only a handful of righteous people there (**Genesis 18:28-32**), what would God do in *your* nation if his people would simply repent!

Here's what he promises in **2 Chronicles 7:14** - "If my people who are called by my name will humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven and will forgive their sins and heal their land." (ESV, emphasis added)

There is still time. We can turn nations around!

In **Isaiah 46:12-13**, God is speaking to Jerusalem just "moments" before the city is destroyed, the temple is torn down, and those still alive are sent into exile to Babylon. Times are urgent and in severe crisis. But notice what God says…

"Listen to me, you stubborn people who are so far from doing right. For I am ready to set things right, not in the distant future, but right now! I am ready to save Jerusalem and show my glory to Israel." (NLT, emphasis added)

God is telling them, "There is still time. All is not lost. Repent, and I can save you right now!"

Just as we have spiritual authority to repent on behalf of a child or spouse, that authority also extends to our own nation. You can see Biblical evidence of this in Ezra 9, Nehemiah 9, and Daniel 9. In each of these passages, men repented on behalf of their nation and for the sins their forefathers had committed.

So, what do I want you to do? I want you to join me. I want you to **repent on behalf of *your* nation**… and **build an army of others to do the same.**

How do you build that army? By promoting and sharing *The Prayer of Freedom* with as many people as you can. Give it to friends and family; share it on social media and tell others what it's done for you; get on podcast and media interviews to tell your story. Once people repent of their sins and see its impact, many will begin repenting for their nation, as well.

That's how you build the army—get the message out and leave the results to God. If we all work together, with God's help we *can* turn nations around!

Below is the prayer the Lord gave me. I pray it daily. Please join me in praying it daily yourself. Please also pray the intercessory prayer following it, every day, for God to set his people free, too.

☐ **Repentance prayer on behalf of your nation**

Lord, I come to you on behalf of my nation, _____. I bring repentance to you for our sins against you. I repent that we have turned away from you as a nation and sought other gods. I repent that we worship idols our hands have made. I repent that we take your name in vain. I repent that we profane your Sabbaths. I repent that we dishonor our fathers and mothers. I repent that we commit murder, and even sacrifice our own children to Molech through abortion. I repent that we commit adultery. I repent that we steal. I repent that we bear false witness against our neighbor. I repent that we covet what our neighbor has. I repent that we commit sexual immorality, and that we pervert and twist all of your holy standards. And I place these sins under the blood of Jesus. Please, most holy Father, have mercy upon us and our nation. Grant our people the grace of your repentance (*2 Timothy 2:25-26*) that they may repent of their wicked ways and turn towards you, and please relent and withdraw your hand of wrath against our nation. I ask this in Jesus' name. Amen.

Note: spiritual attacks come upon nations because of its people's sins—both activity and agreement sins. The above prayer repents of activity sins. I encourage you to also renounce agreement sins on behalf of your nation. To do this, use the "Nation's Agreement Sins Renunciation Prayer" found on our app:

Prayer 4:
Nation's Prayer

☐ **Intercessory prayer to set God's people free**

And Lord, I also ask that you set your people free through *The Prayer of Freedom*. Please expand its reach to get it into the hands of your people around the world. As you do, I ask that you open their hearts and minds when they read it, that its message will bring them to repentance so you can set them free, and that they will repent daily on behalf of their own nation so you can set their nation free as well. Please also block every enemy

attack that tries to thwart or "cancel" the message, printing, and distribution of *The Prayer of Freedom*. Amen.

Build an "army" by spreading the word

You can help build an army to set God's people free by simply sharing *The Prayer of Freedom* with others. Here are meaningful ways to serve:

- **Share your story**—Tell friends, family, or co-workers in person or on social media how God met you through this process. Personal testimony gives others courage to seek freedom too.
- **Leave a review**—Reviews help more people discover this message. Amazon often recommends books with more reviews, so a short, high-rated review can help others find this book when they are searching for hope and freedom, and possibly experience the same freedom others are receiving.
- **Give a copy to someone in need**—Offer the book to someone who may be struggling with issues or lacking peace in their life. If you'd like multiple copies, discounted pricing for 10 or more is available at **ThePrayerOfFreedom.com** and **OutrageousPeace.com**, depending on which book you choose.

Beyond these personal steps, there are other meaningful ways to help spread the word—such as hosting a small group using our Group Study materials in Chapter 17, inviting others to go through the book together, or connecting The Prayer of Freedom with leaders, ministries, or media.

OceanofPDF.com

CHAPTER 17
Additional ways to grow and lead others

By now, you've experienced the power of *The Prayer of Freedom* to transform lives. You've seen how quickly repentance can break chains of chronic pain, addiction, depression, or relationship conflicts—and you've learned how God's spiritual laws bring immediate freedom when applied.

But freedom is not meant to stop with you. Many people in your circle—family, friends, your church, your community—are still living in bondage, waiting for someone to show them the way out. If you've been set free, you now have a unique opportunity to give it forward and help them experience the *same* breakthrough.

That's why I've created **two simple "next steps"** to help you grow deeper and lead others into freedom:

Step 1: Lead others with a small Group Study

One of the easiest ways to "give it forward" is by hosting a small Group Study. This six-session, video-based program makes it simple to invite friends into your home, gather people at your church, or even lead a workplace group.

You don't need special training or credentials—just a willingness to open your doors and share. The study is designed so **anyone** who has read *The Prayer of Freedom* can facilitate it. Each session walks participants through the same truths you've learned, while the videos do the heavy lifting of teaching.

This is how movements start—one group at a time, setting people free from torment and spiritual oppression. Imagine the impact if just a few people in your circle experienced what you've experienced. That's what this study is designed to do.

If you feel led to start a group and help others step into freedom, just scan the QR code below or visit **ThePrayerOfFreedom.com** and click "**Group Study**" in the menu.

http:// GroupStudy.TPOF.com

Step 2: Go deeper with the Master Class

While the small group study gives you everything you need to easily lead others to freedom, some may feel drawn to go deeper—to understand spiritual warfare at a deeper level, learn advanced applications, and gain additional confidence in guiding others.

That's where **The Prayer of Freedom *Master Class*** comes in. When I taught this Master Class, my goal was simple: to download *everything* I had learned over the years about this subject of freedom and how it works. I held nothing back. I taught as long as each section required so that every piece—from the lighter concepts introduced in this book to what's actually happening in the spiritual realm, what we're up against, why this process works, and how to break what's resisting freedom—could be fully unpacked and passed on.

This is over thirteen hours of in-depth training on the very principles you've been learning in this book, but taken to a whole new level. It's more

than just an expansion of the concepts—it's a step-by-step deep dive into why and how this works. In the class, I unpack key spiritual laws in greater detail, showing their patterns in Scripture and how they apply to real-life situations. I also guide you through practical applications, troubleshooting, and how to help others walk through this process effectively. You'll have access to exclusive question-and-answer sessions and coaching consultations I've done as I guide others through intricacies of getting free when freedom seems to elude them.

The goal is simple: to equip you with everything you need to confidently walk in freedom and help others do the same.

Why go deeper?

For some, reading this book is enough. You apply the Prayer of Freedom, experience God's power, and move forward. But for others, this is just the beginning of a much greater journey.

If you resonate with any of the following, this class is for you:

- **You want to understand spiritual warfare at a deeper level.** The book lays the foundation, but the master class goes behind the curtain, revealing what's really happening in the spiritual realm and why it matters.
- **You want to be confident in helping others.** Whether you're a pastor, counselor, ministry leader, or simply someone who wants to see your loved ones free, this class gives you the tools to guide them effectively.
- **You've hit obstacles and want to troubleshoot.** Some people experience immediate breakthrough, while others struggle to receive full freedom. The master class helps identify roadblocks and shows you how to overcome them.
- **You desire lasting transformation.** Understanding the deeper principles behind the Prayer of Freedom helps you maintain your own freedom and prevent future spiritual attacks.

A path to mastery

One of the most powerful things about this process is that anyone can do it—it doesn't require special gifting or experience. The Prayer of Freedom is simply about understanding and applying the spiritual laws God has put in place for our freedom. The master class is designed to take you from knowing these principles to **fully mastering them**, giving you confidence to apply them in any situation.

If you've ever wished you could sit down with me personally and ask questions, get clarity, and truly grasp these concepts, this class is the next best thing. Through extensive teaching, real-life examples, and practical guidance, I walk you through everything step by step.

Take the next step

If this resonates with you, I encourage you to take the next step. To learn more about the **Master Class**, scan the QR code below or visit **ThePrayerOfFreedom.com** and click "**Master Class**" in the menu.

http://MasterClass.TPOF.com

OceanofPDF.com

CHAPTER 18
About Get Radical Faith Ministries and how to help

If God has used *The Prayer of Freedom* in your life, we would be grateful if you shared it with others who are searching for freedom.

Get Radical Faith Ministries exists to help believers walk as true disciples of Jesus—applying Luke 6:40, that when fully trained, we become like our Teacher. Through simple, practical teaching, we equip people to apply biblical truths that lead to obedience, righteousness, and healing.

In a time when darkness and bondage are increasing, the need for freedom is urgent. We believe the process in this book is one of the ways God is setting His people free. If the Lord prompts you to help others find this resource, here are a few ways to participate in His work:

- **Share** our books or app with people in your life or on your social platforms.
- **Spread awareness** by introducing this message to those serving in ministry or media.
- **Connect us** with leaders, organizations, or platforms where this teaching might serve others.
- **Help reach other languages** by exploring translation opportunities if you minister cross-culturally and sense a need.
- **Pray** for this message to reach those living in bondage and for discernment as the ministry grows.
- **Give** financially if God directs. We trust Him to provide, and we're grateful for those He moves to support the work.

To learn more, connect, or explore ways to participate, visit **BeattyCarmichael.com**.

Thank you for serving with us as God sets people free!

P.S. If you feel led to give immediately, the QR code below links to a secure giving page:

Scan Code to give now

Other Books by Beatty Carmichael

If you've been impacted by this book and want to explore more of Beatty's teaching, visit: **BeattyCarmichael.com/books** or scan the QR code below:

OceanofPDF.com

Appendix

OceanofPDF.com

FOR CHURCH-GOING FRIENDS

If you're a Christian, and especially if you know the Bible well, let me set the stage for what I'm trying to do with this message. First, *The Prayer of Freedom* isn't written only for Christians, but also for the wider population. After all, all Christians were once part of the wider population before repenting and believing in Jesus. And because of that, repentance is something anyone can do.

That's why I've written this book to speak to both groups. My aim is for this to come across as a biblical message, not a religious one—a message that even those who have rejected the church or organized religion can still recognize as relevant to their lives.

When readers take these truths to heart, they'll discover God's love and the path He's made for their healing and breakthrough. My hope is that this will open the door for them to experience God's love personally and, in time, begin a relationship with Him.

Because this purpose is so important, I also want to explain how I've written this book. The foundation I'm drawing from is a highly complex theological topic, and I realize some readers—especially my churchgoing friends—may approach it with a deeper theological understanding than most.

As you read, there are two key things to keep in mind. First, my audience is made up of everyday people, many of whom may have never set foot in a church. Second, my goal is to encourage them to take action with the Prayer of Freedom, rather than delving into the full theological foundation behind it.

Because of this wider audience, you'll notice moments where I use language or metaphors that may sound different from traditional church vocabulary—sometimes drawing from terms common in our culture's

spiritual conversations. This is intentional, not compromise. Even in Scripture we see examples—like Philip in Acts—where God's healing opened the door for hearts to receive truth. My aim is similar: to help people experience God's love and freedom so they become open to the One who heals.

With these priorities in mind, I've embraced two key principles while writing this book…

☐ Simplicity over precision

The first principle is simplicity over precision.

Whenever you simplify a complex subject, you will always lose precision. And if you've been trained to be theologically precise, you'll see instances where I am less theologically precise than I could be.

However, since my objective is to teach the practical reasons for doing the Prayer of Freedom rather than the theology behind it, I have greatly simplified, and even generalized at times, certain aspects to the point of being theologically imprecise.

It's similar to what Jesus did when teaching his disciples the Parable of the Unmerciful Servant that I discuss in Chapter 4.

In that parable, Jesus teaches the consequences one will receive if he doesn't forgive others. But you could almost say his teaching is theologically *imprecise*. Why? Because it's done in the form of a parable, and parables only give shadows of truths, not the full precision of those truths.

But his objective wasn't to be theologically precise; it was only to be precise *enough* to teach his disciples *why* they should forgive (so their heavenly Father wouldn't turn them over to the jailer to be tortured - **Matthew 18:34-35**).

In a similar way, I have simplified certain aspects in this book to such a degree that they, too, are theologically imprecise. They are only precise *enough* to teach readers *why* they should repent (to be set free from their issues).

For example, one term I use in this book is "spirits of discipline." I coined this term to help readers visualize an important theological principle

drawn from **Deuteronomy 28:58-61** and **James 5:16:** sin against God can bring consequences such as sickness, disease, or disaster, but confessing those sins can remove them. In other words, sin opens the door to affliction, while repentance closes it. So, while "spirits of discipline" is not a biblical term and is not theologically precise, I use it as a teaching tool to make a complex idea easier to grasp. Once readers understand it, it directs them toward my ultimate purpose: encouraging them to "confess their sins that they may be healed" (**James 5:16**, paraphrased).

I realize the phrase "spirits of discipline" might raise some questions, so let me explain what I mean by it…

Some may wonder if I'm suggesting that God designed or assigned these spirits to bring affliction. I'm not. I don't believe God creates spirits to be evil, nor that He sends evil spirits to harm people.

But what I *am* saying is this: when we open the door through sin, satanic spiritual forces can gain a legal right to oppress us (for Satan is "the accuser of the brethren" — **Revelation 12:10**). In this way, their presence in our lives is both a consequence of sin and, in a sense, an assignment from Satan—but not an assignment from God.

Yet in His sovereignty, God can take even what the enemy intends for harm and use it for good. This is what Jesus teaches in **Revelation 3:19**: "Those whom I love, I reprove and discipline; therefore, be zealous and *repent*." In other words, God's loving discipline is meant to move us toward repentance so the discipline can stop. And since repentance is the very thing that causes tormenting spirits to leave, it suggests that—whatever the mechanism may be—these spiritual torments function as a vehicle of discipline. And that brings me to the real point: the focus of this book is not on identifying the mechanism, but on recognizing the principle: when we repent, the discipline ends.

☐ Statements over explanations

To keep this book shorter, I also embraced making statements rather than giving explanations when the full explanation isn't crucial to my objective. Most statements I make are supported in Scripture; others are from experiences I have observed over the years.

If you have questions on the scriptural accuracy of some of these statements, please review my full teaching on this subject where I cover the Biblical references in more detail. You can find this teaching in some of my older Spiritual Warfare teachings found on my website GetRadicalFaith.org, on my mobile app: *Get Radical Faith*, and especially in my Master Class program.

Do Christians Still Need to Repent?

One of the most common questions I hear from believers is this: *If my sins are forgiven because of Jesus' blood, do I really need to repent of my sins?* It's a fair question. After all, Scripture tells us that Christ's sacrifice paid for sin once for all. But if that were the whole story, then why does the Bible keep instructing believers to repent?

The reality is, God's Word consistently calls His people—not unbelievers, but believers—to confess and turn from sin. In **Revelation 2 and 3**, Jesus addresses the churches and repeatedly tells them to repent. In **James 5:16**, we are told to confess our sins so that we may be healed. And in the prayer Jesus Himself taught us, He includes, "forgive us our debts, as we forgive our debtors." These instructions weren't written to outsiders—they were written to those already in the faith.

So why the emphasis on repentance if forgiveness flows from Christ's finished work? Because repentance isn't about re-earning salvation. It's about restoring fellowship and removing the footholds or strongholds sin creates in our lives. Think of it this way: a child is always part of the family, no matter what. But when that child rebels, the relationship is strained. Repentance is how we humble ourselves, return to our Father, and allow His grace to remove the blockages sin has caused.

In my experience praying with people—both for healing and deliverance—I have seen countless examples where repentance led to freedom. Believers who carried pain, anxiety, depression, or relational strife for years found release the moment they confessed specific sins and turned from them. This was not because Christ's blood was insufficient, but because repentance made room for them to experience the full benefit of what His sacrifice accomplished.

That's why throughout this book you'll see me use "repentance" and "confession" almost interchangeably. Technically, there are distinctions, but for my purposes they both describe the act of agreeing with God about our sin, turning from it, and asking Him to bring freedom. Whether you call it repentance or confession, the heart is the same: we acknowledge our sin before God, and He is faithful to forgive us and cleanse us (**1 John 1:9**).

So, if you've wondered whether a Christian still needs to repent, the answer is *yes*—not to secure forgiveness again, but to walk in the fullness of freedom He intends.

What if you disagree with my theology?

The Prayer of Freedom is straightforward: repent of the sins God brings to mind, ask him to remove the discipline ("issues") in your life, and he does. The results of this approach have been so consistent that its effectiveness is undeniable.

As for the theology behind why it works, I'll admit I don't fully comprehend all of God's truths. In fact, I'm convinced I understand less than 1% of them—and I imagine you might say the same. Because of that, it's difficult to be overly dogmatic or insist that I've completely "nailed" every theological detail behind this approach. However, what matters more than fully grasping the reasoning is recognizing that it works. So, as you read, I encourage you to stay focused on that.

Jeremiah 28:9 says (paraphrased), "If a prophet's prediction comes true, it is proof he was sent by the Lord." So, if you end up disagreeing with my simplistic explanation behind why this approach to prayer works (Part 1), don't reject the prayer process itself (Part 2).

My hope is you will have enough confidence from the stories I share and the surveys I've done to accept the fact that this approach to prayer undeniably works. And because it is easy enough to verify, I challenge you to put it to the test and let the Lord prove it true or not.

Since the focus is simply to repent of sin and ask God to remove issues from your life, there are **no negative repercussions** for doing so. If nothing seems to happen, the only thing you will have done is repent of sin—and

that always pleases God. In other words, there's no downside and no risk in testing it out.

Finally, if you are a pastor or priest, because of the significant impact the Prayer of Freedom can have within your congregation, I hope you'll see enough value in it *for their sake* to at least test it out.

Here's a simple way to perform that test. Identify five members struggling with various issues—depression, anxiety, chronic pain, family or health problems, addictions, etc. Have them go through the prayer as I outline in Part 2. Then tabulate their results.

Once you see what God does, I'm sure you'll want to share this with your entire congregation!

OceanofPDF.com

ABOUT THE AUTHOR

Beatty Carmichael is a passionate follower of Jesus Christ, gifted Bible teacher, and founder of Get Radical Faith Ministries. His mission is to help people experience true freedom from mental torment, chronic pain, addictions, and other struggles that medicine and counseling often cannot resolve.

For years, Beatty has taught in-depth Bible truths and spiritual principles that bring real-world transformation. Through his step-by-step prayer process, thousands have experienced breakthrough freedom—with nearly 90% success, often in a single day.

As the leader of Get Radical Faith Ministries, Beatty is deeply committed to training others to walk as true disciples of Christ. Guided by **Luke 6:40**—"a disciple is not above the teacher, but when fully trained will become like the teacher"—he focuses on teaching others how to walk in greater righteousness and faith. His ministry provides in-depth biblical teaching and practical applications designed to help others not just know the Word, but live it out in daily victory.

To learn more about his teachings, request a speaking engagement, or partner with the ministry, visit **BeattyCarmichael.com** or download the free **Get Radical Faith** app.

OceanofPDF.com